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Assessment of life style status of government school children

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Abstract

The aim of present assessment was to measure the health related fitness of government school children of Jodhpur region. The researcher used the descriptive approach on a sample of 125 students were selected. The sampling technique used was Random sampling and their age range between 14–19 years. The questionnaire of Life Style Assessment prepared by Anspaugh *et al.*, 2011 was used. Further Descriptive Statistics (Mean and Standard Deviation), Analysis of Variance were used to examine the responses of the participants.

The results revealed that- (i) there is a vast body of strong and compelling evidence about the impacts of the social determinants of health (ii) to consider re-framing lifestyle as a collective lifestyle heuristic. These authors suggest that this heuristic will help to understand more fully the interaction between social conditions and behaviour in shaping health. (iii) the concept of “healthy lifestyle” which takes the social context into account is similar to the reconceptualising that occurred in the area of stress and coping.

Keywords: health related fitness, life style assessment

Introduction

"Fitness is a measureable state or condition largely governed by genetics," according to Ralph S Paffer (1996). Health is a state as well, but it cannot be quantified or defined in the same way that fitness can. Health is more than just the absence or presence of sickness; it is a comprehensive state of physical, mental, and social well-being, a multifaceted component that encompasses all levels of vitality from the highest to the lowest. On the other hand W.H.O defines fitness as the ability to perform work satisfactory thus making the definition of who is fit and who is not somewhat dependent on personal inclination and social contacts.

Health is not only a continuum of physical, mental, spiritual, or social well-being, but a dynamically interconnected synthesis of all four. Modern health perspectives emphasise the whole person and his or her link with society.

According to the W.H.O India will have 50 million people with diabetics by 2005. Risk of diabetics increase when the BMI for Asians crosses over 23 through by W.H.O standards a BMI of 25 to 29 is overweight and above 30 is obesity. The Hindu Magazine (2003)

The word 'health' comes from the ancient English word 'hal', which means 'whole.' When all of one's dimensions—body, mind, and soul—combine in a unified beat, one is at his finest. Being healthy would thus imply that one's body, mind, and spirit are all functioning together to achieve maximum creativity and production while also enjoying life's pleasures. The outcome of being healthy is an increased energy level, positive attitude, healthy body, value enhanced personality, disease free longevity and beautiful appearance. Good health is the key to happy, purposeful and productive life style.

"Health tries to make more perfect, life more energetic, deterioration less quick, and death more distant," says Siddalingaiya. The significance of health can be gauged by the fact that it is the foundation that allows a person to live and serve to their full potential. In essence, health entails a zest for life and delight in living, as well as optimum physical condition to carry out one's tasks with reserve in the event of an emergency. Sharma is a well-known author (2004) A healthy nation is made up of healthy people. The health of a nation's people determines its strength, and the future of the people's health is largely determined by what is done to ensure, improve, and preserve health, as health is a fundamental human right.

A healthy individual serves as a pillar and an asset to society, whereas a sick individual serves as a liability. A healthy person can not only contribute to the advancement of his family, community, state, or nation, but also to the improvement of his country's economic standard. There is a direct link between a country's economic standing and its residents' health. Healthy persons are produced by a healthy society that adopts healthy activities. "Healthy folks live in a healthy society," as the saying goes. Sharma is a well-known author (2004)

In Jodhpur, Rajasthan several educational institutions, including the All India Institute of Medical Sciences, Indian Institute of Technology, Jodhpur, Dr. Sampurnanand Medical College, DSRRAU Jodhpur, and National Law University, Jodhpur, as well as several research institutes, including the Indian Space Research Organisation, Defence Research and Development Organisation, Central Arid Zone Research Institute, Arid Forest Research Institute, and Desert Medicine Research Institute, are located in the city. As per the understanding of the scholar, several researches takes place in the region of Jodhpur but the school children who are the foundation of the higher education get ignored in terms of physical fitness and nutritional status. It is a well-known fact that the physical fitness can improve and promote the validity of health of the individual. To measure the health-Related Physical Fitness components at the school level childhood is the right step, because children are said to be the citizens of tomorrow and builders of the nation. They must be given right guidance and training to promote the health and fitness at the right time. Today, everyone is concerned with school health and Health-Related Fitness of school going children. A fit person can carry out task for a prolonged period without undue fatigue. Regular exercise is a pre-requisite for physical fitness, which leads to healthy life but very few studies are available in relation to Jodhpur, Rajasthan. Thus, the purpose of the present study was "To Assess the Health-Related Fitness of Government School Children of Jodhpur Region".

Research Methodology

Selection of Subjects

For the current study, a total of 125 students were selected. The sampling technique used was Random sampling and their age between 14 – 19 years from the different schools of

Jodhpur region.

Subjects were provided written, voluntary, informed consent prior to participation.

Selection of Variable

Based on accessible literature, observation and opinion acquired from specialists, and under the close supervision of the guide, for this study, questionnaire of Life Style Assessment prepared by Anspaugh *et al.*, 2011 was used.

Life style assessment variables were

- Physical Assessment
- Alcohol & Drug Assessment
- Nutritional Assessment
- f) Emotional Wellness Assessment
- g) Stress Control Assessment

All the contents related to life style were assessed by using life style assessment inventory (LSAI). The questionnaire used in this study for the collection of data was selected because these were found to most reliable and have been widely used very often in the profession of physical education and sports throughout the world.

Administration of Questionnaire & Collection of Data

Each subject was given a questionnaire with the same questions. To collect data, the Research Scholar personally visited numerous schools in Jodhpur and met with all of the Subjects. The researcher discussed the goal of the study in both English and Hindi, as well as how the questionnaire should be filled out (fill-up).

Statistical Procedure

Descriptive Statistics (Mean and Standard Deviation), Analysis of Variance were used to examine the responses of the participants. SPSS 20 (Trail version) Software was used to conclude all the research objectives.

Results

The statistical analysis of data collected on one hundred and twenty-five subjects from Jodhpur region. The data on selected criterion measures for all the groups were collected under similar conditions.

Table 1: Descriptive statistics of Life style assessment of the students

	N	Minimum	Maximum	Mean	Std. Deviation
Age of Student	125	14.00	18.00	15.7040	1.12181
Physical	125	45.00	94.00	69.9760	9.48553
Alcohol & drugs assessment	125	10.00	93.00	56.6800	17.06751
Nutrition assessment	125	37.00	87.00	68.5360	8.76167
Emotional wellness assessment	125	45.00	90.00	77.0160	9.65450
Stress control assessment	125	49.00	94.00	71.6960	11.03603
Total_lsa	125	236.00	406.00	343.9040	28.91518
LSA_average	125	47	81	68.75	5.758

The above table reveals that minimum Age of Student was 14 and maximum Age of Student was 18. The mean Age of Student was 15.70 with standard deviation of 1.12. The above table reveals that minimum Physical was 45 and maximum Physical was 94. The mean Physical was 69.98 with standard deviation of 9.49. The above table reveals that minimum Alcohol and Drugs Assessment was 10 and maximum Alcohol and Drugs Assessment was 93. The mean Alcohol and Drugs Assessment was 56.68 with standard deviation of 17.07. The above table reveals that minimum Nutrition

Assessment was 37 and maximum Nutrition Assessment was 87. The mean Nutrition Assessment was 68.54 with standard deviation of 8.76. The above table reveals that minimum Emotional Wellness Assessment was 45 and maximum Emotional Wellness Assessment was 90. The mean Emotional Wellness Assessment was 77.02 with standard deviation of 9.65. The above table reveals that minimum Stress Control Assessment was 49 and maximum Stress Control Assessment was 94. The mean Stress Control Assessment was 71.70 with standard deviation of 11.04. The above table reveals that

minimum total LSA was 236 and maximum total LSA was 406. The mean total LSA was 343.90 with standard deviation of 28.92. The above table reveals that minimum LSA average

was 47 and maximum LSA average was 81. The mean LSA average was 68.75 with standard deviation of 5.76.

Table 2: Descriptive statistics of Life style assessment of the students of Jodhpur Region

		N	Mean	Std. Deviation	Minimum	Maximum
Physical	Varada, Sirohi	25	75.4800	4.79687	67.00	87.00
	Patohdi, Barmer	25	66.2000	9.78945	48.00	85.00
	Kabir Basti, Jaisalmer	25	66.4800	8.91684	48.00	83.00
	Guda Endala,Pali	25	74.9200	4.84699	64.00	84.00
	Pratap Nagar, Jodhpur	25	66.8000	12.16210	45.00	94.00
	Total	125	69.9760	9.48553	45.00	94.00
Alcohol and drugs assessment	Varada, Sirohi	25	51.6400	10.90061	35.00	86.00
	Patohdi, Barmer	25	61.7200	18.41765	10.00	91.00
	Kabir Basti, Jaisalmer	25	63.2800	17.96645	18.00	93.00
	Guda Endala,Pali	25	47.1200	12.73224	33.00	92.00
	Pratap Nagar, Jodhpur	25	59.6400	18.96022	10.00	91.00
	Total	125	56.6800	17.06751	10.00	93.00
Nutrition assessment	Varada, Sirohi	25	68.3200	6.91448	57.00	87.00
	Patohdi, Barmer	25	68.6800	10.32683	37.00	86.00
	Kabir Basti, Jaisalmer	25	69.0400	8.56582	49.00	86.00
	Guda Endala,Pali	25	67.8800	6.92411	57.00	87.00
	Pratap Nagar, Jodhpur	25	68.7600	10.95552	37.00	86.00
	Total	125	68.5360	8.76167	37.00	87.00
Emotional wellness assessment	Varada, Sirohi	25	82.7200	5.20032	65.00	90.00
	Patohdi, Barmer	25	71.3200	8.34526	45.00	84.00
	Kabir Basti, Jaisalmer	25	71.6800	8.62516	45.00	84.00
	Guda Endala,Pali	25	85.7600	6.67258	65.00	90.00
	Pratap Nagar, Jodhpur	25	73.6000	8.76546	45.00	87.00
	Total	125	77.0160	9.65450	45.00	90.00
Stress control assessment	Varada, Sirohi	25	81.1200	9.34666	62.00	94.00
	Patohdi, Barmer	25	66.2400	6.54650	52.00	86.00
	Kabir Basti, Jaisalmer	25	66.0000	6.54472	52.00	86.00
	Guda Endala,Pali	25	80.1600	10.93039	57.00	91.00
	Pratap Nagar, Jodhpur	25	64.9600	7.58551	49.00	86.00
	Total	125	71.6960	11.03603	49.00	94.00
Total_LSA	Varada, Sirohi	25	359.2800	17.81507	324.00	406.00
	Patohdi, Barmer	25	334.1600	31.56961	245.00	391.00
	Kabir Basti, Jaisalmer	25	336.4800	29.19207	258.00	391.00
	Guda Endala,Pali	25	355.8400	17.38697	327.00	401.00
	Pratap Nagar, Jodhpur	25	333.7600	34.54138	236.00	391.00
	Total	125	343.9040	28.91518	236.00	406.00
LSA_Average	Varada, Sirohi	25	71.84	3.472	65	81
	Patohdi, Barmer	25	66.76	6.307	49	78
	Kabir Basti, Jaisalmer	25	67.28	5.748	52	78
	Guda Endala,Pali	25	71.20	3.440	65	80
	Pratap Nagar, Jodhpur	25	66.68	6.896	47	78
	Total	125	68.75	5.758	47	81

In the Life style assessment of the school Varada, Sirohi, the mean Physical score of the students was 75.48, standard deviation 4.80, minimum 67.00 and maximum 87.00. The mean alcohol and drug assessment was 51.64 with standard deviation of 10.90. Minimum score was 35.00 and maximum was 86.00 in Varada, Sirohi school children. In nutritional aspect of the Varada, Sirohi children the mean score was 68.32, standard deviation of 6.91, minimum 57.00 and maximum 87.00. Emotional assessment reveals the mean score of 82.72, standard deviation of 5.20, minimum 65.00 and maximum 90.00. Stress assessment provided a mean, standard deviation, minimum and maximum score of 81.12, 9.35, 62.00, 94.00 respectively. Overall and average lifestyle assessment mean was 359.28 (71.84), standard deviation 17.82 (3.47), minimum 324.00 (65.00) and maximum 406.00 (81.00) respectively.

In the Life style assessment of the school Patohdi, Barmer, the

mean Physical score of the students was 66.20, standard deviation 9.79, minimum 48.00 and maximum 85.00. The mean alcohol and drug assessment was 61.72 with standard deviation of 18.42. Minimum score was 10.00 and maximum was 91.00 in Patohdi, Barmer school children. In nutritional aspect of the Patohdi, Barmer children the mean score was 68.68, standard deviation of 10.33, minimum 37.00 and maximum 86.00. Emotional assessment reveals the mean score of 71.32, standard deviation of 8.35, minimum 45.00 and maximum 84.00. Stress assessment provided a mean, standard deviation, minimum and maximum score of 66.24, 6.55, 52.00, 86.00 respectively. Overall and average lifestyle assessment mean was 334.16 (66.76), standard deviation 31.57 (6.31), minimum 245.00 (49.00) and maximum 391.00 (78.00) respectively.

In the Life style assessment of the school Kabir Basti, Jaisalmer, the mean Physical score of the students was 66.48,

standard deviation 8.92, minimum 48.00 and maximum 83.00. The mean alcohol and drug assessment was 63.28 with standard deviation of 17.97. Minimum score was 18.00 and maximum was 93.00 in Kabir Basti, Jaisalmer school children. In nutritional aspect of the Kabir Basti, Jaisalmer children the mean score was 69.04, standard deviation of 8.57, minimum 49.00 and maximum 86.00. Emotional assessment reveals the mean score of 71.68, standard deviation of 8.63, minimum 45.00 and maximum 84.00. Stress assessment provided a mean, standard deviation, minimum and maximum score of 66.00, 6.54, 52.00, 86.00 respectively. Overall and average lifestyle assessment mean was 336.48 (67.28), standard deviation 29.19 (5.75), minimum 258.00 (52.00) and maximum 391.00 (78.00) respectively.

In the Life style assessment of the school Guda Endala, Pali, the mean Physical score of the students was 74.92, standard deviation 4.85, minimum 64.00 and maximum 84.00. The mean alcohol and drug assessment was 47.12 with standard deviation of 12.73. Minimum score was 33.00 and maximum was 92.00 in Guda Endala, Pali school children. In nutritional aspect of the Guda Endala, Pali children the mean score was 67.88, standard deviation of 6.92, minimum 57.00 and maximum 87.00. Emotional assessment reveals the mean score of 85.76, standard deviation of 6.67, minimum 65.00 and maximum 90.00. Stress assessment provided a mean, standard deviation, minimum and maximum score of 80.16, 10.93, 57.00, 91.00 respectively. Overall and average lifestyle assessment mean was 355.84 (71.20), standard deviation 17.39 (3.44), minimum 327.00 (65.00) and maximum 401.00 (80.00) respectively.

In the Life style assessment of the school Pratap Nagar, Jodhpur, the mean Physical score of the students was 66.80, standard deviation 12.16, minimum 45.00 and maximum 94.00. The mean alcohol and drug assessment was 59.64 with standard deviation of 18.96. Minimum score was 10.00 and maximum was 91.00 in Pratap Nagar, Jodhpur school children. In nutritional aspect of the Pratap Nagar, Jodhpur children the mean score was 68.76, standard deviation of 10.96, minimum 37.00 and maximum 86.00. Emotional assessment reveals the mean score of 73.60, standard deviation of 8.77, minimum 45.00 and maximum 87.00. Stress assessment provided a mean, standard deviation, minimum and maximum score of 64.96, 7.59, 49.00, 86.00 respectively. Overall and average lifestyle assessment mean was 333.76 (66.68), standard deviation 34.54 (6.90), minimum 236.00 (47.00) and maximum 391.00 (78.00) respectively.

Discussion of Findings

Health-related behaviours are determined by five categories of factors: intrapersonal factors, interpersonal processes and primary groups, institutional factors, community factors, and public policy. As four of the five factors are in the external environment, the importance of targeting interventions at the environment rather than the individual becomes apparent. There is a vast body of strong and compelling evidence about the impacts of the social determinants of health (WHO 1998). To avoid the perspectives that lifestyle is an individual attribute and that individual behaviour is the primary lever of change.

Frohlich and Potvin propose that we consider re-framing lifestyle as a collective lifestyle heuristic. These authors suggest that this heuristic will help to understand more fully the interaction between social conditions and behaviour in

shaping health. They also suggest that the current conceptualization of lifestyle has swayed far from its origins which are based on Max Weber's idea that lifestyle is mostly defined by status and distinction among groups, and is reinforced by patterns of consumption. Life chances are not a merely matter of chance, but are opportunities people have based on their life situations.

A reconstruction of the concept of "healthy lifestyle" which takes the social context into account is similar to the reconceptualizing that occurred in the area of stress and coping. Recently, there has been a move away from viewing stress and coping as solely individualistic notions (how I alone deal with stress) to seeing them as social processes (how we deal with stress and how others influence stress appraisal and coping). A central theme of this change in thinking is interdependence and increasing evidence of the influence of interdependence on coping and on adopting healthy lifestyles. Interdependence is the connectedness of individuals with their social environment. A person's identity, choices, and lifestyle are defined to a very large degree by the nature of one's interdependence. If conceived on the basis of interdependence, a "healthy lifestyle" is understood less as acquiring strictly personal health skills, and more as acquiring competencies and an orientation to creating a mutually supportive environment for healthy living.

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