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**Hema Koranga**  
Research Scholar, Amity School  
of Physical Education & Sports  
Sciences, Amity University  
Uttar Pradesh, Noida, Uttar  
Pradesh, India

**Dr. Rajesh Dhauta**  
Associate Professor, Amity  
School of Physical Education &  
Sports Sciences, Amity  
University Uttar Pradesh,  
Noida, Uttar Pradesh, India

**Corresponding Author:**  
**Hema Koranga**  
Research Scholar, Amity School  
of Physical Education & Sports  
Sciences, Amity University  
Uttar Pradesh, Noida, Uttar  
Pradesh, India

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## A study of the factors affecting health and fitness around the world

**Hema Koranga and Dr. Rajesh Dhauta**

### Abstract

This paper talk about the range of factors that are affecting the health and fitness of the nation all over the world further it has helped us to know the cause behind the less participation in physical fitness and other sporting events. With the improvement in the living standards, many lifestyle diseases had also developed and these diseases are deteriorating the health status of the individual, so to counteract these, fitness policies are introduced according to the need and resources of the nation. As many countries had formulated fitness policies (to draw the attention of its citizen towards fitness) but implementing these policies is the main task as there are various factors that directly or indirectly hamper the growth. While designing the policies various points should be taken care of because the dream of a fit nation can only be achieved by making all these policies workable and by evaluating these from time to time. After reviewing studies it was concluded that some of the population is aware of the various policies and assessment tools regarding fitness and they are following the fitness program, on the other hand, some people want to participate but could not because of the improper facilities around them, some people because of their national issues are not able to follow these programs and some due to lack of awareness. So in total to achieve the dream of a fit nation government with the help of stakeholders need to make this tangle smooth with the help of technology and other advancements so that policies can run smoothly.

**Keywords:** Fitness, physical activity, fitness app., lifestyle disease, awareness, assessment, implementation, technology, health consciousness

### Introduction

Health and Fitness are the terms that we use frequently in daily life and these are the words that help us to be conscious about our own bodies. Fitness is defined as the capability to perform the routine task with energy and still have energy for other activities. Many types of research have been done in this field and still many are going on so that it can help individuals to make an effort for it. Fitness impacts directly our life as in this busy world everyone is running behind the personal advancement which is important in its own place but they have indulged themselves so much in this that they have forgotten that if they will remain fit and healthy then only they can enjoy all these establishment and advancement. Earlier when there was no advancement in technology people used to do their work by themselves they used to walk miles, they used to grind grains by themselves, plowing fields was another one and there are n numbers of work that they use to do and this work used to keep them physically fit, they use to travel miles in search of food but after the technological advancement work has been eased by the machines as the human has become so much dependent on the machines for the small things. Individuals need to understand that so much dependency on technology can be harmful to them. Keeping all this in mind government of several countries has introduced fitness and health policies so that the citizens can practice. These policies are introduced with a vision of a fit nation. Evaluation of these policies concerning many factors should be done from time to time so that we can track the efficiency of the policies.

### Aim of the study

In this research, the researcher focused on the policies and various factors which are affecting the fitness and health of individuals in various countries and discussed their effects on the nation. Like other countries, India has also introduced a fitness policy that is fit India movement which consists of several activities and fitness norms.

The vision and mission of this policy are to make India a fit nation. So to get a basic idea about such program and their sustainability, the program of different countries were reviewed.

S. No	Topic	Author & publication	Variables	Conclusion
1	Determination of factors affecting the physical activity status of university students on a health sciences campus	Ayfer Dayi, Ayla Acikgoz, Gurve Govendi, Leuent Bayrak <i>et al.</i> (2017) <sup>[16]</sup> Medical Science monitors (PMC) (US national library of medicine. National Institute of Health)	Physical activity, sports and exercise levels, awareness, Behavior concerning nutrition & dietary habits.	This study discusses the variety of factors affecting physical activity and also discusses the role of physical activity... It was further discussed that unhealthy eating habits are not only the cause of obesity but also because the diseases like cardiovascular disease and cancer. Studies of university students in other countries show the majority of students were physically inactive. So analyzing all these scenarios students were encouraged to indulge in fitness and sports activities
2	A study of factors affecting the physical activity of youth: Analysis of data from the 13th youth health behavior online survey in 2017.	Min Soo Cho & Jin Youn Kim. (2019) <sup>[6]</sup> Journal Of Exercise Rehabilitation. (PMC) 9US National Library of Medicine) National Institute of Health. Page 8-14	Smoking, Drinking, Physical Activity, Dietary Life, Obesity & Weight Control, Mental Health, Damage & safety awareness, Oral health, Personal hygiene, drugs, Sexual behavior, Atopy, Internet Addiction, Health Equity, etc.	This study was done to analyze the factors that obstruct the involvement of youth in physical activities. In this research, the researcher found that Korean youth take part for very less time in physical activities in comparison to other countries. It has been also noticed that they have very low cheerfulness and satisfaction in life as they have more academic stress and lack of leisure culture.
3	"Gps' knowledge, use, and confidence in national physical activity and health guidelines and tools: a questionnaire-based survey of general practice in England"	Robin Chatterjee & Tim Chapman, Mike Gt Brannan & Justin Varney. (2017) <sup>[17]</sup> National Library of Medicine (Pub med)	Knowledge Use & confidence	This analysis was based on an online questionnaire this questionnaire was having 6 questions and the quotas were used for better area representation... The result showed only 20% of respondents were very familiar with the national physical activity guidelines. 70% GP was aware of the questionnaire 26% were not familiar with any assessment tool and 55% of them reported that they have not received any kind of training concerning encouraging PA. It was further concluded as the majority of the GP were not familiar with the national physical activity guidelines. Awareness of the recommended tool was higher than its use by GP. The study further says there is a significant improvement in understanding, skill, and self-reliance to increase the potential for physical activity advice in GP consultations.
4	Analysis of the satisfaction status and influence factors of the standardized construction of public service for national fitness	Dayong Qui Advances in Physical Education. Volume 10 (2020) (Tan, 2015) <sup>[3]</sup>	Satisfaction and Influencing Factors.	The method used for this study was a literature review, questionnaire survey, and mathematical statistics. Community residents aged 15-70 were randomly selected in Taizhou city of Jiangsu Province. It was found that the overall satisfaction rate of people residing there regarding public service was 54.4% & they were satisfied with the construction of public service standardization of national fitness. According to the survey, the residents' satisfaction with the number, types, convenience, and opening hours of the national fitness venues and facilities is 51.21%, 48.43%, 50.53%, and 54.35%, respectively. However, they were not satisfied with the fees, preservation, and restoration of the facilities, the organization, guidance, and consultation of national fitness.
5	"Physical Inactivity, Non-Communicable Diseases and National Fitness Plan of China for Physical Activity	Menhas. R, Dai J, Ashraf MA, M Noman, Kurshid, <i>et al.</i> (2021) <sup>[18]</sup> Dovepress Risk management and health care policy. Volume 14 National fitness policy.	National fitness policy.	In this, the researcher has discussed the various sedentary lifestyle disease which is the reason for the leading death rate around the globe. It is estimated that physical inactivity has caused around 20 % of the disease which is related to colon and breast cancer about 6% of coronary heart disease, and about 7% of type 2 diabetes, these diseases are also the cause of preterm death, it has also observed that with physical inactivity lack of proper nutrition is also the cause of death.
6	Policies for the promotion of physical activity and prevention of obesity in adolescence	Russel R Pate, Jennifer Flynn, Marsha Dowda National Library Of Medicine (Pub Med)	Physical Activity, Fitness & Obesity	This paper describes the growth in the obesity rate noticed among youngsters in urbanized nations. At the same time, many changes occurred which acted as an obstruction to practicing physical activity at that particular time due to which they were not able to reach the criteria that were set for physical activity in general. Well, planned strategy and adoption of new policies will help to promote fitness among the required population.
7	Socio-demographic correlates of physical activity and physical fitness in German children and adolescents	Lena Lammle, Annette Warth, Klaus Bos (2012) <sup>[19]</sup> National Library Of Medicine (Pub Med)	Influential Sociodemographic Factors, Socioeconomic Factors, Rural-urban Differences, Immigration, Age, Physical Activity & Physical Fitness	This study aimed to identify the factors affecting children and adolescents participating in physical activity. Another aim was to investigate and compare based on factors that affect physical activity like socio-economic status, rural-urban differences, immigration, and age as well as the effects of age and physical activity on physical fitness. The age group of 6 to 9 years and 10 to 17 years were identified for the research this study was a cross sectional study between 2002 to 2006.
8	A Comprehensive Literature Review on National Fitness Policy & Individual Factors For Physical Exercise in china	Zhou Yibei, Jiang Wenjing, Chan Kin Sun Open Access Journal Of Biomedical Science (2020)	Demographic Variables, Individual Physiological Status, Individual Behavior & Individual Psychological Characteristic & State	Many types of research have shown that not participating in physical activity directs to chronic diseases which come under the major non-communicable diseases. Keeping all this in mind the central government of china is working on many fitness policies to reduce them. This study discusses the various reviews on the various individual factors of physical activity so that work can be done on the improvement of fitness policies... But still, the study highlights the lack of proper/systematic analysis. More can be analyzed in this area

9	The Role of Technology Readiness in Individual Intention To Use health & Fitness Applications: a Comparison Between Users and Non-Users.	Weisheng Chiu, Heetai Cho Asia Pacific Journal of Marketing & Logistics (2020)	Health & Fitness App., Technology Readiness (Emerland Publishing Limited)	This study is related to app users and non-users. It was found that the behavior pattern and all other variables were positive
10	Predicting Future Use Intention Of Fitness App. Among Fitness App. Users In The U.K: The role of Health Consciousness.	S Venja Domberg 2021 International Journal Of Sports Marketing & Sponsorship	Technology & Health Consciousness.	This study was regarding the fitness app and health consciousness. The subjects explained the various factors. The results confirm the relationship between technology and health.
11	The Transformation of China's national Fitness Policy: From a Major Sports Country To a World sports power.	Tien Chin Tan, (2015) <sup>[3]</sup> Page 1-14 International Journal of The History Of Sports.	Fitness Policy	This study discusses the sports and fitness policy of china and the major changes made by them to make sports power in the world.

### Discussion of Findings

Health and fitness have become as important as other national issues like the economy, security, education, etc. So to make it more powerful, policies regarding fitness were announced and followed by various countries to make their citizens aware of the benefits of various physical activities. To certain levels of countries, growth and development depend upon the youth, as fit and healthy youth can contribute a lot to the accomplishment of the nation. The above researches show that various countries evaluated their fitness policies and recreation to check their benefits and contribution. After evaluation, it was seen that those countries that were following fitness policies are living a better life in terms of physical health. It was also noticed that these policies were mostly followed by the economically stable section whereas the fewer stables ones are still struggling; further academic pressure was also the root of not the set standards. Analyzing all the above we can say that still awareness is the need of the hour to fulfill the vision of the fit nation.

### Conclusion and Recommendation

Based on the results of the above-mentioned research it can be concluded that:

1. Many factors are directly or indirectly affecting the health and fitness of the nation
2. The technological advancement should be more so that health and fitness can be tracked more easily.
3. Children must be made aware of fitness and its benefits so that they can carry this habit further.
4. With awareness there are several factors like economic status, academic work; etc. should be taken care of as they are affecting health and fitness.
5. They are encouraging their residents for fitness programs by making the quality of such programs better.
6. Even though countries are working in this area but still quality work is needed to be done to improve and develop the fitness culture.

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