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Dr. Naveen Kumar
 Physical Education Teacher,
 RPVV Civil Lines, Department
 of Education, NCT of Delhi,
 Delhi, India

Dr. Thingnam Nandalal Singh
 Associate Professor and
 Chairperson, Department of
 Physical Education, Panjab
 University, Chandigarh, Punjab,
 India

Health style between Indian and foreign female students of Delhi State

Dr. Naveen Kumar and Dr. Thingnam Nandalal Singh

Abstract

The purpose of the study was to compare the health style between Indian and Foreign female students of Delhi State. To achieve the objective of the study, two hundred (N=200) Indian female students and two hundred (N=200) Foreign female students between 17 to 25 years were selected conveniently and purposively from the regular students of different Universities and Colleges of Delhi State as subjects. Health Style Questionnaire (USDHHS, 1999) was used to assess health style of students. To determine the significant difference between the mean scores of Indian and Foreign female students on health style, 't' test was employed. The level of significance was set at 0.05. Results of the study revealed that there were no significant differences found on physical health, intellectual health and occupational health between Indian female and foreign female students of Delhi State. However, significant differences were found on social health, emotional health, environmental health and spiritual health.

Keywords: health style, Indian female student, foreign female student, Delhi state.

Introduction

Everybody knows that "First happiness is disease free body". A healthy person can face easily all the sorrows - happiness, regards - disregard, hot-cold and can do his daily task effectively, efficiently, happily, cherish from Labour work to office work, from study course to sports work, from worship country to worship god, everything depend on our healthy body (Shri Narayan-Maharaj, 1996) [4]. According to world health statistics 2012, one in four adult in India has high blood pressure 23.1% men and 22.6% women have high blood pressure, which kill 7.5 million worldwide, which is more than road accidents. 12% of the world is obese and 11.8% men, 10.8% women are suffering from Diabetes. Data of 2012 shows top 10 causes of death- heart disease 6.15% chest infection 3.40% bulmany 3.28%, HIV-1.78%, T.B. 1.24%, Diabetes -1.26%, Road Accident .21% and Diarrheal disease - 2.46%. From the data we can say that in the top nine cases, people died due to health problem (The Times of India, 2012). **Physical health:** It requires eating well, exercising, avoiding harmful habits, making responsible decisions about sex, learning about and recognizing the symptoms of disease, getting regular medical and dental checkups, and taking steps to prevent injuries at home, on the road, and on the job. The habits you develop and the decisions you make today will largely determine not only how many years you will live, but the quality of your life during those years. **Emotional health:** Optimism, trust, self-esteem, self-acceptance, self-confidence, self-control, satisfying relationships, and an ability to share feelings are just some of the qualities and aspects of emotional wellness. Emotional wellness is a dynamic state that fluctuates with your physical, intellectual, spiritual, interpersonal and social, and environmental health. Maintaining emotional wellness requires monitoring and exploring your thoughts and feelings, identifying obstacles to emotional well-being, and finding solutions to emotional problems, with the help of a therapist if necessary. **Intellectual health:** The hallmarks of intellectual health include openness to new ideas, a capacity to question and think critically and the motivation to master new skills, as well as a sense of humor, creativity, and curiosity an active mind is essential to wellness; it detects problems, finds solutions, and directs behavior. People who enjoy intellectual wellness never stop learning. They seek out and relish new experiences and challenges. **Spiritual health:** To enjoy spiritual health is to possess a set of guiding beliefs, principles, or values that give meaning and purpose to your life, especially during difficult times.

Correspondence
Dr. Naveen Kumar
 Physical Education Teacher,
 RPVV Civil Lines, Department
 of Education, NCT of Delhi,
 Delhi, India

Spiritual wellness involves the capacity for love, compassion, forgiveness, altruism, joy, and fulfillment. It is an antidote to cynicism, anger, fear, anxiety, self-absorption, and pessimism. Spirituality transcends the individual and can be a common bond among people. Organized religions help many people develop spiritual health, while many others find meaning and purpose in their lives, on their own—through nature, art, meditation, political action, or good works. *Interpersonal and Social health:* Satisfying relationships are basic to both physical and emotional health. We need to have mutually loving, supportive people in our lives. Developing interpersonal wellness means learning good communication skills, developing the capacity for intimacy, and cultivating a support network of caring friends and/or family members. Social wellness requires participating in and contributing to your community, country, and world. *Environmental, or Planetary health:* personal health depends on the health of the planet - from the safety of the food supply to the degree of violence in a society Other examples of environmental threats to health are ultraviolet radiation in sunlight, air and water pollution, lead in old house paint, and secondhand tobacco smoke in indoor air. Wellness requires learning about and protecting yourself against such hazards—and doing what you can to reduce or eliminate them, either on your own or with other. *Occupational health:* It is being able to enjoy what you are doing to earn a living and contribute to society, whether it is going to college, working as a secretary, doctor or teacher etc. The all dimensions of health style interact continuously, influencing and being influenced by one another. For example, spiritual health is associated with social skills, which can help build interpersonal relationships, which are in

turn linked to physical health and a longer life expectancy the self-esteem that comes with emotional wellness is associated with increased physical activity and healthier eating habits, which support physical wellness. Individually and collectively, the wellness dimensions are associated with increased quality and quantity of life. Maintaining good health is a dynamic process, and increasing your level of wellness in one area of life often influences many others. For example, regular exercise (developing the physical dimension of wellness) can increase feelings of well-being and self-esteem (emotional wellness), which in turn can increase feelings of confidence in social interactions and achievements at work or college (interpersonal and social health).

Materials and Methods

To achieve the objective of the study, two hundred (N=200) Indian female students and two hundred (N=200) Foreign female students were selected conveniently and purposely from the regular students of different Universities and Colleges of Delhi State as subjects .The age of the subjects ranged between 17 to 25 years. was used to measure health style of students .In order to examine the hypothesis of the present study Mean, SD and Independent sample ‘t’ test was applied to compare the mean scores of Indian and Foreign female students on health style. The level of significance was set at 0.05.

Results and Discussion

Comparison of scores on physical health between Indian and Foreign female students of Delhi State is presented in Table 1.

Table 1: Comparison of Scores on Physical Health between Indian and Foreign Female Students of Delhi State

Variable	Group	N	Mean	SD	SEM	MD	SED	t-value
Physical Health	Indian female	200	26.74	2.85	.20	.62	.32	1.89
	Foreign female	200	27.36	3.69	.26			

*Significant at .05 level ‘t’_{.05 (398)} = 1.96

The result reflected in table-1 that Indian female had mean score 26.74 with S.D=2.85 and S.E.M=.20. Foreign female had mean 27.36 with S.D=3.69 and S.E.M .26. Mean difference and S.E.D were .62 and .32 respectively. t-value was not found to be statistically significant on the value

obtained was 1.89 whereas, the tabulated value was 1.96 with 398 degree of freedom at .05 level of significance Comparison of scores on social health between Indian and Foreign female students of Delhi State is presented in Table-2.

Table 2: Comparison of Scores on Social Health between Indian and Foreign Female Students of Delhi State

Variable	Group	N	Mean	SD	SEM	MD	SED	t-value
Social Health	Indian Female	200	26.07	4.10	.29	1.49	.39	3.82*
	Foreign Female	200	27.57	3.69	.26			

*Significant at .05 level ‘t’_{.05 (398)} = 1.96

A perusal of content of table-2 would showed that Indian female had mean score 26.07 with S.D=4.10 and S.E.M=.29. Foreign female had mean 27.57 with S.D=3.69 and S.E.M .26. Mean difference and S.E.D was 1.49 and .39 respectively. t-value was found to be statistically significant as the value

obtained was 3.82 whereas, the tabulated value was 1.96, on 398 degree of freedom at .05 level of significance. Comparison of scores on emotional health between Indian and Foreign female students of Delhi State is presented in Table 3.

Table 3: Comparison of Scores on Emotional Health between Indian and Foreign Female Students

Variable	Group	N	Mean	SD	SEM	MD	SED	t-value
Emotional Health	Indian Female	200	27.01	3.46	.24	.94	.36	2.57*
	Foreign Female	200	27.95	3.83	.27			

*Significant at .05 level ‘t’_{.05 (398)} = 1.96

It can be ascertained from table-3 that Indian female had mean score 27.01with S.D=3.46 and S.E.M=.24. Foreign

female had mean 27.59 with S.D=3.83 and S.E.M .27. Mean difference and S.E.D were .94 and .36 respectively. t-value

was found to be statistically significant as the value obtained was 2.57 whereas, the tabulated value was 1.96 on 398 degree of freedom at .05 level of significance.

Comparison of scores on environmental health between Indian and Foreign female students of Delhi State is presented in Table 4.

Table 4: Comparison of Scores on Environmental Health between Indian and Foreign Female Students of Delhi State

Variable	Group	N	Mean	SD	SEM	MD	SED	t-value
Environmental Health	Indian Female	200	26.89	3.52	.24	1.07	.35	3.02*
	Foreign Female	200	27.95	3.57	.25			

*Significant at .05 level 't'.05(398) = 1.96

The result reflected in table-4 that Indian female had mean score 26.89 with S.D=3.52 and S.E.M=.24. Foreign female had mean 27.95 with S.D=3.57 and S.E.M .25. Mean difference and S.E.D were 1.07 and .35 respectively. t-value was found to be statistically significant on the value obtained

was 3.02 whereas the tabulated value was 1.96 with 398 degree of freedom at .05 level of significance.

Comparison of scores on spiritual health between Indian and Foreign female students of Delhi State is presented in Table 5.

Table 5: Comparison of Scores on Spiritual Health between Indian and Foreign Female Students of Delhi State

Variable	Group	N	Mean	SD	SEM	MD	SED	t-value
Spiritual Health	Indian Female	200	27.09	3.08	.19	.76	.29	2.57*
	Foreign Female	200	27.85	2.82	.21			

*Significant at .05 level 't'.05(398) = 1.96

A perusal of content of table-5 would showed that Indian female had mean score 27.09 with S.D=3.08 and S.E.M=.19. Foreign female had mean 27.85 with S.D=2.82 and S.E.M .21. Mean difference and S.E.D were .76 and .29 respectively. t-value was found to be statistically significant as the value

obtained was 2.57 whereas, the tabulated value was 1.96, with 398 degree of freedom at .05 level of significance.

Comparison of scores on intellectual health between Indian and Foreign female students of Delhi State is presented in Table 6.

Table 6: Comparison of Scores on Intellectual Health between Indian and Foreign Female Students of Delhi State

Variable	Group	N	Mean	SD	SEM	MD	SED	t-value
Intellectual Health	Indian Female	200	26.25	3.36	.23	.63	.34	1.84
	Foreign Female	200	26.89	3.50	.24			

*Significant at .05 level 't'.05(398) = 1.96

It can be ascertained from table-6 that Indian female had mean score 26.25 with S.D=3.36 and S.E.M=.23. Foreign female had mean 26.89 with S.D=3.50 and S.E.M .24. Mean difference and S.E.D were .63 and .34 respectively. t-value was found not to be statistically significant as the value

obtained was 1.84 whereas, the tabulated value was 1.96 with 398 degree of freedom at .05 level of significance.

Comparison of scores on intellectual health between Indian and Foreign female students of Delhi State is presented in Table 7.

Table 7: Comparison of Scores on Occupational Health between Indian and Foreign Female Students of Delhi State

Variable	Group	N	Mean	SD	SEM	MD	SED	t-value
Occupational Health	Indian Female	200	26.60	3.37	.23	.36	.33	1.09
	Foreign Female	200	26.95	3.30	.23			

*Significant at .05 level 't'.05(398) = 1.96

It can be ascertained from table-7 that Indian female had mean score 26.60with S.D=3.37 and S.E.M=.23. Foreign female had mean 26.95 with S.D=3.30 and S.E.M .23. Mean difference and S.E.D were .36 and .33 respectively. t-value was not found to be statistically significant as the value obtained was 1.09 whereas, the tabulated value was 1.96 with 398 degree of freedom at .05 level of significance.

Discussion of Findings

There were significant differences found on social health, emotional health, environmental health and spiritual health between foreign female students and Indian female students of Delhi state. The probable reason of rejections of hypotheses and different scores could be that the subjects of this study were living under different geographical, cultural and environmental conditions. Childhood to adolescent backgrounds effects much on young age. Health Style varies in people from district to district, state to state and country to country. Also it effect by population ancestry, socio-cultural

determinants, facilities as well as nutritional factors. Students coming to India from abroad have more knowledge of different things as they see more different culture, environment and situation etc. Singh and Purohit (2012) [5]. concluded in their study those mostly health care professionals were having sedentary lifestyle. reported in their study from Jaipur that 69.9% of men and 52.4% of women are physically inactive. Singh (2013) [6]. concluded that diet pattern and education status is more responsible for poor health style. Kumar (2009) [3]. reported lack of time, lack of energy and lack of will power are more responsible barriers for Panjab University students for being active. Turkmen *et al.* (2013) [7]. concluded that physical activity level of university students directly affected their health style behavior.

Conclusions

In the light of findings of present study the following conclusions were drawn.

1. Significant differences were found on social health, emotional health, environmental health and spiritual health. However, no significant differences found on physical health, intellectual health and occupational health between Indian female and foreign female students of Delhi State.
2. Foreign female students were performed significantly better than Indian female students of Delhi State on social health, emotional health, environmental health and spiritual health dimensions.

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