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## An Assessment of Leisure Time Activity and Exercise Benefits/Barriers Scale of Selected Physical Education and Non Physical Education Female Students

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### Abstract

To accomplish the study simple random sampling technique has been used. For this purpose, sixty female subjects were selected from the Panjab University Chandigarh. Thirty subjects were selected from the department of Physical education and thirty subjects were selected from the various departments. The selected subjects were ranged between the age group of 17 to 25 years. To find out the significance difference between physical education and non-physical education students with regard to Leisure time activity and Exercise Benefits/Barriers Scale, 't' test was applied through Statistical Package for Social Science (SPSS) version 16.0. The level of significance was set at 0.05 level. The t-value was found to be statistically significant of leisure time activity as the value obtained was 12.501 whereas; the tabulated value was 2.00 in 58 degrees of freedom. The t-value was not found to be statistically significant of Exercise Benefits/Barriers Scale as the value obtained was 1.886 whereas; the tabulated value was 2.00 in 58 degrees of freedom. The reason may be that they have no weekly routine regarding leisure time and exercise, lack of interest, lack of time management, and lack of awareness of doing exercises as in line with the study of Caldwell, Smith and Weissinger (1992).

**Keywords:** Physical Education, Leisure Time, Exercise Barriers, Exercise Benefits.

### Introduction

Leisure time activity is one which we perform when we have free time *i.e.* leisure time activity is performed apart from those activities which are mandatory. Evening and morning walk, watching T.V. or playing with grandchildren are the examples of leisure time activities. Elderly individuals who retire from their active services have no mandatory activities to perform. They may either remain idle or may engage themselves in leisure time activities. It has been shown that idle person or the person who have no activities to perform, develops obesity which in turn may have adverse effect on their general health. Elderly people, on the other hand, who keep them engaged in leisure time activities, are likely to prevent obesity and the occurrence of negative thoughts. Hence, such individuals are likely to experience less stress and hence are likely to have better general health as compared to those elderly individuals who do not perform any leisure time activity. Leisure or free time is a period of time spent out of work and essential domestic activity. It is also the period of recreational and discretionary time before or after compulsory activities such as eating and sleeping, going to work or running a business, attending school and doing homework, household chores, and day-to-day stress. The distinction between leisure and compulsory activities is loosely applied, *i.e.* people sometimes do work oriented tasks for pleasure as well as for long term utility. For an experience to qualify as leisure, it must meet three criteria: (1) the experience is a state of mind. (2) It must be entered into voluntarily. (3) It must be intrinsically motivating of its own merit (Neulinger, 1981)<sup>[2]</sup>.

Leisure is considered primarily as a condition, sometimes referred to as a state of being, an attitude of mind or a quality of experience. It is distinguished by the individual's perceived freedom to act and distinguished from conditions imposed by necessity. It is assumed to be pleasurable and, although it may be appeal because of certain anticipated benefits, it is intrinsically motivated; it is an end in itself and valuable for its own sake. (Grant Cushman and Allan Laidler 1990).

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**Objectives of the Study**

- To find out the difference between female physical education and non-physical education students of the Panjab University with regard to the variable leisure time activity.
- To find out the difference between female physical education and non-physical education students of the Panjab University with regard to the variable Exercise Benefits/Barriers Scale.

**Method & Procedure**

To accomplish the study simple random sampling technique has been used to select the sample of the study. For this purpose, sixty female subjects were selected from the Panjab University Chandigarh. Thirty subjects were selected from the department of Physical education and thirty subjects were selected from the various departments. The selected subjects were ranged between the age group of 17 to 25 years. To

assess the Leisure Time Activity, G. Godin Leisure Time Activity (2011) [4] was used and to evaluate the Exercise Benefits/Barriers, Exercise Benefits/Barriers Scale developed by Sechrist, Karen R.; Walker, Susan N.; Pender, Nola J. (1987) [5] questionnaire was used. To find out the significance difference between physical education and non-physical education students with regard to variables leisure time activity and Exercise Benefits/Barriers Scale, 't' test was applied through Statistical Package for Social Science (SPSS) version 16.0. The level of significance was set at 0.05.

**Findings of the Study**

The analysis of Leisure time physical activity and Exercise Benefits/Barriers Scale between physical education and non-physical education female students of Panjab University, Chandigarh is presented in table no 1.

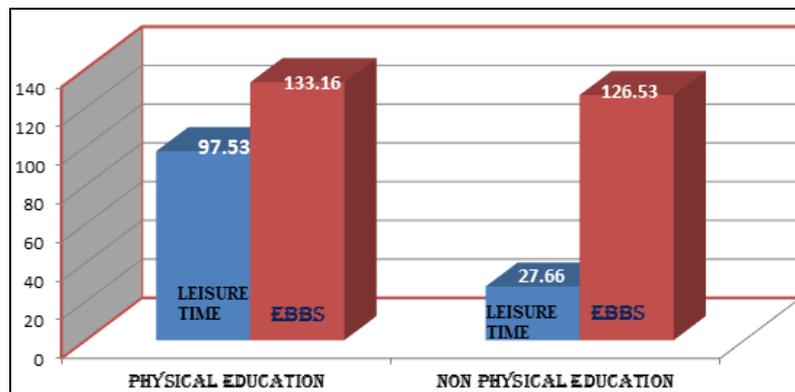
**Table 1:** mean scores of female physical education and non-physical education students with regard to variable leisure time activity and exercise benefits/barriers scale

Variables	Groups	Numbers	Mean	Std. Deviation	T-test
Leisure time activity	Physical education	30	97.5333	25.04442	12.501
	Non-physical education	30	27.6667	17.60355	
Exercise benefits/ barriers scale	Physical education	30	133.1667	13.05712	1.886
	Non-physical education	30	126.5333	14.16585	

Significant at .05 level 't' .05 (58) = 2.00

The data showed in table no.1 pertaining to female physical education and non-physical education students with regard to variable Leisure time activity and Exercise Benefits/Barriers Scale would show that the physical education students had secured the mean and SD values of 97.533 and 25.04, and 133.1667 and 13.05 respectively. On the other hand, non-physical education students had secured mean and SD values of leisure time activity was 27.66 and 17.60 and Exercise

Benefits/Barriers Scale was 126.55 and 14.16. The t-value was found to be statistically significant of leisure time activity as the value obtained was 12.501 whereas; the tabulated value was 2.00 in 58 degrees of freedom at .05 level of significant. The t-value was not found to be statistically significant of Exercise Benefits/Barriers Scale as the value obtained was 1.886 whereas; the tabulated value was 2.00 in 58 degrees of freedom at .05 level of significant.



**Fig 1:** the graphical representation of mean scores of female physical education and non-physical education students with regard to variable leisure time activity and exercise benefits/barriers

**Discussion of the Findings**

The finding of the study showed that there was significant difference obtained between physical education and non-physical education female students with regard to variable leisure time activity and no significant difference was obtained on the variable Exercise Benefits/Barriers Scale. The above results showed that the physical education female students do more better utilization of their leisure time activity in comparison to non-physical education female students because they refer moderate and strenuous level activity in their weekly routine while it is the part of their academic curriculum, on the other hand non-physical

education female students have no academic weekly routine and lack of interest, lack of time management, lack of awareness of doing exercises at moderate and strenuous level activity and regularly, they only low and medium level activity to accomplish their activity. The idea that a satisfying balance of work, relationship, and leisure time activities will lead to a more rewarding and healthy life was supported by the finding of our research, which has found that subjects who remain engaged in leisure time activities have better general health than those subjects who do not perform leisure time activities regularly. This finding of our research is in light with the findings of

Caldwell, Smith and Weissinger (1992) <sup>[1]</sup> reported that subjects who participate at high levels in a variety of leisure activities show higher rates of perceived physical, mental and social health than those subjects who are less involved. It has been established beyond doubt that reduction or elimination of stress improves general health of the individual. Another possible answer is that leisure time activities (physical or non-physical) are undeniably a core component in active living and has been linked to many beneficial outcomes. Such as improved health (Tudor and Bassett, 2004; Brown *et al.*, 2004) <sup>[6, 7]</sup>. Most recently, Mozaffarian, Furberg, Psaty and Siscovick (2009) <sup>[8]</sup> strengthened our finding by demonstrating that light to moderate leisure time activities including gardening, outside chores, Golfing, dancing, walking are linked with a significantly lower risk of developing atrial fibrillation (AF), inculcate feelings of worthlessness, boredom, meaninglessness in life, essence of loneliness and hopelessness.

### Conclusion

The following conclusions were drawn from the present study

1. There was significant difference found between female physical education and non-physical education students on the variable leisure time activity,
2. No Significant difference was found between female physical education and non-physical education students on the variable Exercise Benefits/Barriers Scale.

### Recommendations for further studies

It is strongly recommended that people should be encouraged to participate in leisure time activities; they should be provided all possible facilities for such activities which they can perform during free time. The same study can be conducted on male and female with large scale of sample size.

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