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Comparative study of fitness and body care status between teaching and non-teaching employees of Punjabi university Patiala

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Abstract

In the present study it was planned to scrutinize the of fitness and body care status between teaching and non-teaching employees of Punjabi University Patiala. To achieve this purpose total eighty male (40 Teaching and 40 Non- teaching) employees of Punjabi University Patiala were purposively selected as subjects. The age of the subjects ranging between 25 to 50 years. Data was collected from primary sources. The tool used for data collection was a structured 'Wellness Questionnaire' which was constructed by Gordon Edlin and Eric Golanty in 2004. After collecting the relevant data mean, S.D. and t test was applied. The level of significance was set at 0.05 percent. The level of significance was set at 0.05 percent ($p < 0.5$). In conclusion, it is evident that that the results of 't' test between two groups with regard to the sub-parameter Fitness and body care of wellness status were found statistically significant between male teaching and non-teaching employees.

Keywords: Fitness, body care, non-teaching employees

Introduction

Wellness is an active process of becoming aware of and making choices toward a more successful existence.

As Physical wealth has more importance than Gold and Silver. Physical Wellness is a wellness of body of the human being with no disease. The body of a person is mostly the outcome of the hereditary characteristics. The healthy body without disease provides positive energy to mind and which also helps for psychological wellness. Physical Wellness is characterized by following fact: Good physical health – free from disease and energetic and dynamic. Common physical illness includes cardio-vascular ailment – high blood pressure, heart disease, immune related disorder – asthma, allergy, skin problems, diabetes, ulcers, digestive disorder, obesity, chronic pain and feminine health problems etc. Physical Wellness can be achieved by physical exercise, yoga, walking / hiking, aerobics, dance and by eating nutritious food.

Methodology and Procedure

In the present study it was planned to scrutinize the of fitness and body care status between teaching and non-teaching employees of Punjabi University Patiala. To achieve this purpose total eighty male (40 Teaching and 40 Non- teaching) employees of Punjabi University Patiala were purposively selected as subjects. The age of the subjects ranging between 25 to 50 years. Data was collected from primary sources. The tool used for data collection was a structured 'Wellness Questionnaire' which was constructed by Gordon Edlin and Eric Golanty in 2004. After collecting the relevant data mean, S.D. and t test was applied. The level of significance was set at 0.05 percent. The level of significance was set at 0.05 percent ($p < 0.5$).

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Results of the Study

Table 1: Shows the Mean, S.D. and t value of Fitness and body care variable between Teaching and Non- teaching male employees of Punjabi university Patiala

Group	Mean	S.D.	T value
Teaching	39.65	3.91	2.7681
Non- teaching	37.40	3.33	

* $t_{0.05(78)}=1.980$

Table & figure 1: shows the Mean and S.D. values of Fitness body care of Teaching and Non- teaching male employees were 39.65 ± 3.91 and 37.40 ± 3.33 respectively. The obtained “t” value 2.7681 (1.980) was found statistically significant, at.05 level of significance.

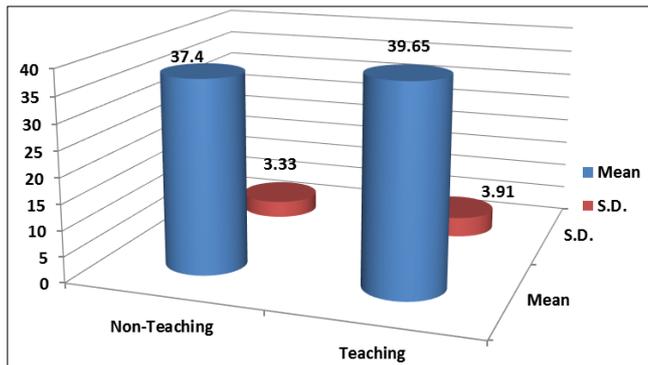


Fig 1: Shows Mean and S.D. of Fitness and body care variable between Teaching and Non- teaching male employees of Punjabi university Patiala

Conclusions

In conclusion, it is evident that the results of ‘t’ test between two groups with regard to the sub-parameter Fitness and body care of wellness status were found statistically significant between male teaching and non-teaching employees.

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