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## An assessment of University student's attitude towards leisure time physical activity

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### Abstract

**Background:** The aim of this study was to examine the attitudes level towards leisure activities of Panjab university campus students. In this fast changing and moving tech-world things have changed drastically, complete lifestyle of people got into effect, especially the young generation which is more vulnerable to these technical stuffs, because they understand technology easily and things comes handy to them. Change is necessary but not at the cost of human health. For recreational purposes, people have switch to mobile and PC from playing outside in ground. This study is for figuring out what is the attitude of Panjab university campus students towards recreational leisure time physical activities as they are young and like to get more affected.

**Methods:** A survey of 300 students (150 male and 150 female), aged 19-27 years, were randomly chosen from the Panjab university campus, Chandigarh. Students were asked to fill out Godin leisure time exercise questionnaire that included their leisure time physical activity routine of a week. Statically analysis was performed by using the SPSS software.

**Results:** It was found that Panjab university campus students (Male) are involved more in moderate and strenuous physical exercises which revealed that they have positive attitude towards leisure time physical activity. It was also found that female students Panjab university campus are involved more in mild exercise that shows they have slight positive attitude towards leisure time physical activity.

**Conclusion:** The result showed that male students of Panjab university campus have a moderately positive attitude towards leisure time physical activity ( $M=57.05$ ,  $SD=37.41$ ). The result also show that the female students of Panjab university campus have moderately positive attitude towards leisure time activity ( $M=37.58$ ,  $SD=33.32$ ). It was concluded that male students of Panjab university campus have a higher interest towards leisure time physical activity.

**Keywords:** Leisure time physical activities, attitude and attitudes level

### Introduction

In the culture of any society there is time for leisure as well as for the leisure activities. Although there is more leisure time today than ever has been in the history; it is a challenge to make the best of this time, especially for those who have it in abundance (Agate *et al.*, 2009; Lu and Kao, 2009) [8]. Leisure Study Association (2015) states that "leisure is important to all of us. It is a sphere of life in which individuals find enjoyment, fulfillment, friendship and well-being. Participation in leisure contributes both to personal health and the maintenance of social life". With the industrial revolution having taken place, the changes in the life of work made human life better planned, making the life out of work be better defined than before (Aslan, 2005).

We can also revealed that the introduction of smartphones, high-speed internet and other artificial intelligence gadgets had made this universe a very small place, anyone can reach anywhere in the world with a simple touch or a simple click on a smart phone or a computer. These things have somehow, directly or indirectly made an impact on every aspect of our daily life. People are accessing useless information all day long wasting their time in front of a Screen.

One of the most affected areas from technology is health and recreation, most people use virtual reality for fun and recreation, not just in their free time although whenever they have time. There was a time when people like to go outside and play in the evening and do some physical activity to make the fit, healthy and happy but now people opt to stay at home in front

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of a screen and try to make happy through virtual reality. The most affected population is youngster and kids, who can understand modern tech-stuffs easily and have an urge to be trendy and show-off their achievements in virtual reality. But all these achievements and little fun are coming at the cost of health, mental as well as physical. Youngsters spend way too much time being online on the internet and their thinking and attitude towards physical activity have also changed. This drastic change in the life style of human population has led to many life threatening diseases.

The social and communal value of leisure time in life is rising with a quick pace while also coming into focus (Languar, 1991) [7]. In this matter, adults are not the only ones with a growing concern to use leisure time to good account, the phenomenon has a prominent place in the lives of the adolescents also, and they, just like any individual in the society, are in need of leisure and to realize themselves via taking part in active or passive leisure activities. Of all phases in a life span, adolescence is the phase leisure is an important part of scientific research as it is a time where individuals go through important changes and personal development in a quick pace (Learner and Overton, 2010). Hence, it has become one of the major concerns of scientists to have insight on how leisure become the part of individual's social life and the reasons behind the positive and negative attitudes the individuals develop towards leisure (Mannell and Kleiber, 1997).

Therefore, this study is to figure out attitude towards leisure time recreational physical activity of Panjab University Chandigarh campus students, because they all are young, educated (knows what is good for their health what is not), have access to both technology as well as good sports infrastructure (football field, hockey field, athletic track and swimming pool etc.). Having all types of facilities, now it is completely on students, which facility to use, which to avoid and for how long one facility should be accessed or if they maintain a balance between both of them (tech and physical activity) or not.

## Methods:

### Design and sample

The design was a survey type study of attitude towards leisure time physical among Panjab university campus students during end semester of 2018. A sample of 300 students (150 male and 150 female), aged 19-27 years participated in this study. Students were randomly selected from the different departments of Panjab university campus.

### Data Collection

For obtaining the data and facts-based information for the study the researcher had permission and corporation from many quarters. The researcher got permission from department of physical education, Panjab University, Chandigarh, to collect the data for the research from students studying at various departments of Panjab University Campus. After receiving the permission letter, the researcher personally approached the chairperson of various departments. The investigator decided the time schedule for the collection of data in consultation with the chairpersons, so

that the students should be spared by the time from their routine classes or practice time. The questions instructions were clearly read out and explained to them and subjects were permitted to ask queries and their doubts were cleared before filling the questionnaires. The subjects were asked to record their first response and hand over their response sheets as soon as they fill it up. The researcher tried his level best that there was no be minimum distraction to the subjects who would attempt the tests.

### Leisure time physical activity

Godin Leisure Time Activity questionnaire was used to assess the leisure time activity. In this excerpt from the Godin Leisure Time Exercise Questionnaire, the individual is asked to complete a self-explanatory, brief four item query of usual leisure time exercise habits. For this question, weekly frequencies of strenuous, moderate, and light activities are multiplied by nine, five, and three respectively. Total weekly leisure activity is calculated in arbitrary unit by summing the products of the separate components, as shown in the following formula:

Weekly leisure activity score= (9 x strenuous) + (5 x moderate) + (3 x light)

The second question is used to calculate the frequency of weekly leisure -time activity pursued "long enough to work up a sweat".

### Statistical Techniques

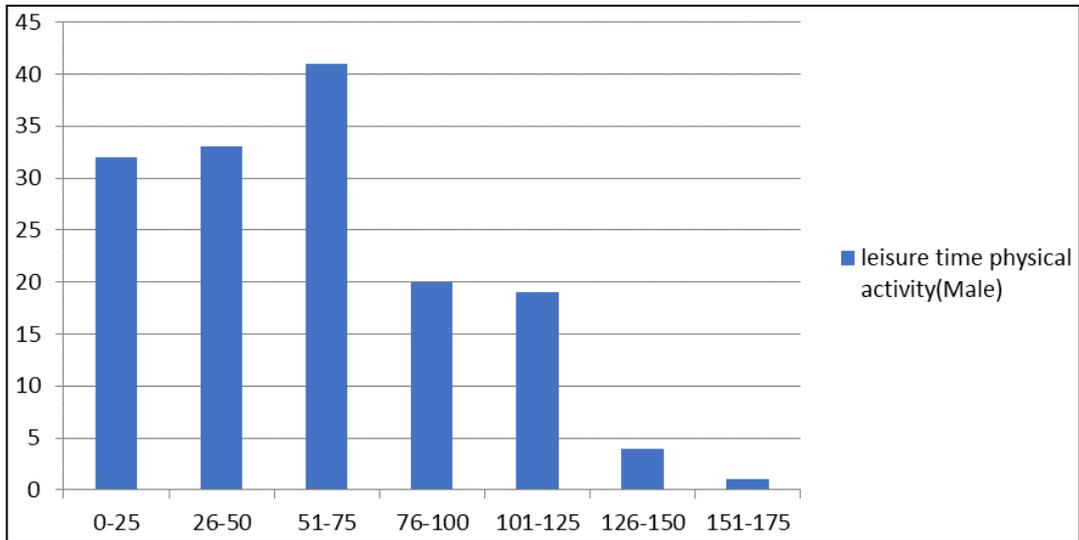
Once a data was obtained, it was tabulated and analyzed, keeping in mind the objective of the study. The data was analyzed by using SPSS. To compare the attitude of male and female students of the university towards leisure time physical activity t-test was applied. In order to examine the hypotheses of the study, Mean, SD and t-test was used. The data was analyzed by using SPSS. To verify the hypotheses of the study level of significance was selected to be 0.05 level

### Data Analysis: Results

**Table 1:** Frequency Distribution for Leisure Time Activity (Male)

Intervals	Frequency	Percentile
0-25	32	21.3333
26-50	33	22.0000
51-75	41	37.3333
76-100	20	13.3333
101-125	19	12.6666
126-150	04	02.6666
151-175	01	00.6666
Total	150	100

Table 1. The frequency distribution for leisure time physical activity of the male students of Panjab University Campus. It is clear from the table that most of the scores range between the interval 51-75 and minimum was found in class interval of 151-175.



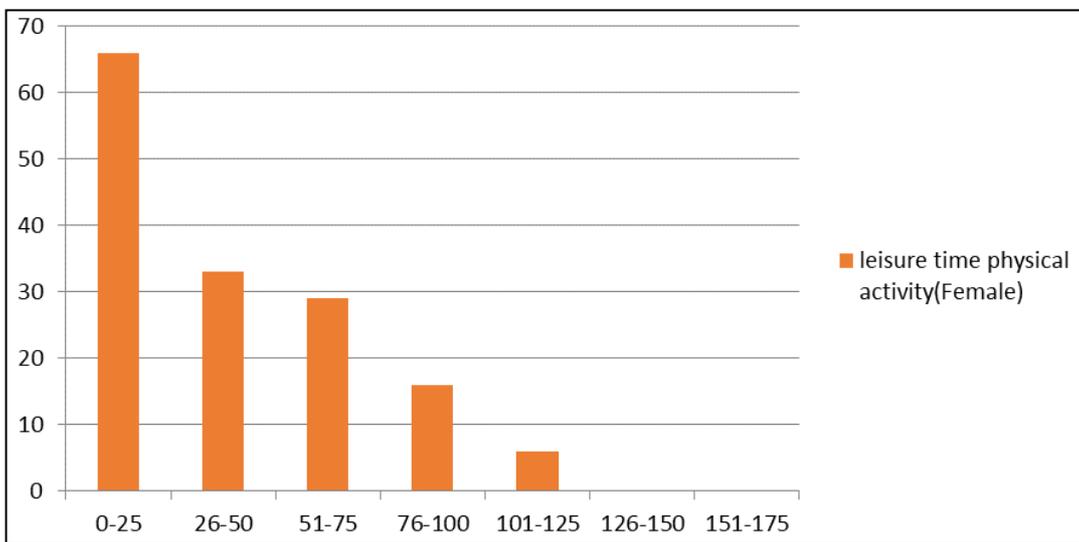
Leisure time physical activity (Male)

**Table 2:** Frequency distribution for leisure time activity (female)

Intervals	Frequency	Percentile
0-25	66	44.0000
26-50	33	22.0000
51-75	29	19.3333
75-100	16	10.6666
101-125	06	04.0000
126-150	00	0.00000
151-176	00	00.0000
Total	150	100

Table 2: The frequency distribution for leisure time physical activity of female students of Panjab University Campus. It can be clearly seen in the table that most of the scores range

between the interval 0-25 and very less score was found in the class interval 101-125.



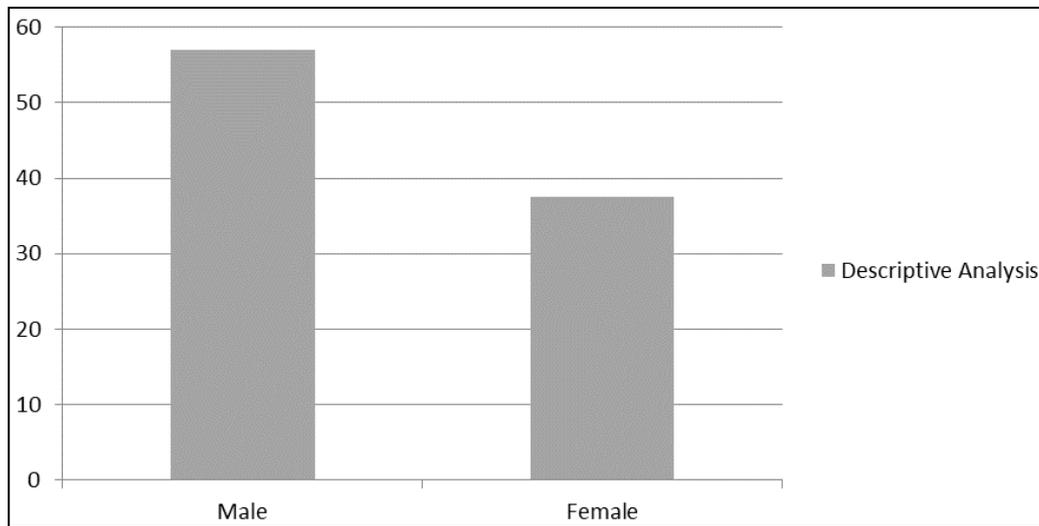
Leisure time physical activity (Female)

**Table 3:** Descriptive Analysis for Leisure Time Physical Activity

Gender	N	Mean	Standard deviation	Standard error Mean
Male	150	57.05	37.41	3.05
Female	150	37.58	33.32	2.72

Table 3 shows the Mean, Standard Deviation and Standard error mean of the male and female students of Panjab University Campus for attitude towards leisure time physical

activity. The table clearly indicates that, for male subjects M=57.05 and S.D=37.41 whereas M=37.58 and S.D=33.32 for female subjects.



Descriptive Analysis

**Table 4:** Significance of difference on attitude of Panjab University Campus (male and female) on the variable leisure time physical activity

	t	df	Sig (2 tailed)
Attitude towards leisure time physical activity	4.76	298	0.00

The table 4 shows that there was significant difference in the attitude of Panjab University Campus towards leisure time physical activity {(male: M = 57.05, SD = 37.41) and (female: M = 37.58, SD = 33.32)} it is evident from the table that the p value of 0.00 in leisure time physical activity is less than 0.05 level of significance. Thus, it can be said that there was significant difference in attitude of Panjab University students towards leisure time physical activity. It was concluded that male students of Panjab university campus have a higher interest towards leisure time physical activity than their counterpart.

### Discussion

The purpose of this study was to assess the attitude of Panjab University Campus students (Male &Female) towards leisure time physical activity. Earlier it was hypothesized that Panjab University Campus students would not have a positive attitude towards leisure time physical activity. But, when leisure time physical activity questionnaire was measured, it was found that both male and female subjects of Panjab University Campus had a moderately positive attitude towards leisure time physical activity. Most of the responses range between the interval 0-25, 26-50 and 51-75.

Similarly, Agnieszka Nawrocka *et al.* conducted a cross sectional research to analyze leisure time activity of polish White-collar workers and found out those 42% women and 53% men participate in moderate physical activity 150 minutes per week. But it was also found that only 23% of women and 18% men undertook activity in at least 5 days.

### Conclusion

From the results it can be concluded that the students of Panjab University Campus have positive attitude towards leisure time physical activity. This could be due to the reasons as there are many facilities provided by the university like good and well-maintained sports fields. Facilities like gymnasium and swimming pool are also available for the students at a very low cost. Moreover, basketball, badminton, volleyball etc. are built inside the hostel premises and even

common rooms have equipped with table tennis and other indoor games facilities.

### Limitations

The findings of this study are limited by the use of a sample of students from just few students of Campus University which may not be the representative of all university students of Panjab university campus. However, there is more percentage of hostellers in the university campus which can influence the data of the researcher.

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