



ISSN: 2456-0057
IJPNPE 2019; 4(1): 2470-2473
© 2019 IJPNPE
www.journalofsports.com
Received: 08-12-2018
Accepted: 12-01-2019

Gawhar Ahmad Hajam
Research Scholar, Department of
Physical Education, Mewar
University Chittorgarh,
Rajasthan, India

Dr. Jigmat Dachen
Assistant Professor, Directorate
of physical Education and sports,
University of Kashmir, Srinagar,
Jammu and Kashmir, India

Tawseef Ahmad Bhat
Research Scholar, Department of
Physical Education, Mewar
University Chittorgarh,
Rajasthan, India

Corresponding Author:
Gawhar Ahmad Hajam
Research Scholar, Department of
Physical Education, Mewar
University Chittorgarh,
Rajasthan, India

A study of awareness about health and physical fitness among J&K male youth

Gawhar Ahmad Hajam, Dr. Jigmat Dachen and Tawseef Ahmad Bhat

Abstract

The purpose of the study was to identify the awareness about health and physical fitness among JK Youth. For this study, total 200 (N =200) Male subjects were selected from J & K universities. For this purpose questionnaire was developed by the research scholar with the help of guide and experts of this field. The data was collected from the students with the help of questionnaire. After analyzing the collected data, it is found that there is much awareness about health and physical fitness Among J& K Youth. The level of significance 0.05 was set.

Keywords: Health, physical fitness

1. Introduction

Health is related deeply to life style, ideal health will however, always remain marriage, because everything in our life is subject to change health may be described as a potentiality, the ability of an individual or a social group to modify himself or itself continuously. In the face of changing conditions of life not only in order to function better in the present but also prepare for the future.

1.1 Statement of the problem

The statement of the problem is, "A study of Awareness about Health and Physical Fitness among J&K Youth."

1.2 Objective of the study

The main purpose of the study was to find out the awareness about health and physical fitness Among JK Youth.

1.3 Delimitations of study

- 1: The study was delimited to the students of J&K universities students only.
2. The study was delimited to 18 and 25 years students only.
3. The study was delimited to men only.
4. The study was delimited to self mode inventory.
5. The study was delimited to 200 students only.

1.4 Hypothesis

It is hypothesized that the J & K Youth may be much aware about their health and physical fitness.

1.5 Scope of study

1. The study was come to know that about health and physical fitness Among J&K Youth.
2. The research was helping the JK authorities to know their health and physical fitness standard Among J&K Youth.
3. The present research presumes important contribution in the games and sports
4. 'Through the study will come to know knowledge about health and physical fitness Among J&K Youth.

1.6 Significance of the study

1. The study will help the students to know their health and physical fitness.
2. The research will help the college authorities to know their students health and physical fitness standard.
3. The present research presumes important contribution in the games and sports.

2. Methodology

The purpose of the study was to identify the Awareness about health and physical fitness Among J& K universities students only. Following procedure was adopted for this study.

2.1 Selection of sample

The sample was randomly selected from the J&K Universities students. The 200 students were selected for this study. This study was carried out on male students only.

2.2 Tools of the study

The data was collected by the means of questionnaire prepared by the research scholar with the help of mentioned items in order to collect relevant information from University students of Jammu and Kashmir regarding their awareness about health and physical fitness.

2.3 Administration of questionnaire

After the formulation of questionnaire the research scholar took the permission of the guide and make arrangement to meet the students. Any queries by them concerning the questionnaire were solved immediately at the time on the sport. The students were advised that there was no time limit to fill-up the questionnaire, but try to finish as early as possible.

3. Analysis and interpretation of data

Table 1: do you eat food high in fibre on daiy basis e.g. Pilkses, bread, rice etc?

Showing the yes and no response for question No.1

Yes%	No%
63.33%	36.66%

Table 2: Aspires to get excellent results in all competitions?

Showing the yes and no response for question No.2

Yes%	No%
100%	0%

Table 3: do you limit your intake saturated fats e.g. butter, cream and fatty meat?

Showing the yes and no response for question No.3

Yes%	No%
60%	40%

Table 4: do you take regular breakfast?

Showing the yes and no response for question No.4

Yes%	No%
76.67%	23.33%

Table 5: do you drink adequate amount of water?

Showing the yes and no response for question No.5

Yes%	No%
80%	20%

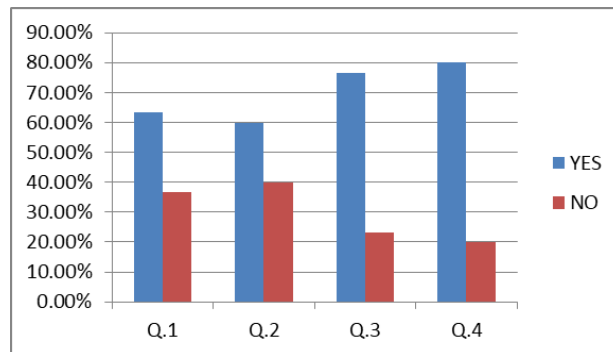


Table 6: Do you know the benefits of exercise?
Showing the yes and no response for question No.6

Yes%	No%
100%	0%

Table 7: Do you think that daily exercise is good for health?
Showing the yes and no response for question No.5

Yes%	No%
100%	0%

Table 8: Do you take regular exercise?
Showing the yes and no response for question No.8

Yes%	No%
93.33%	6.67%

Table 9: Do you think exercise is a medium to reduce stress?
Showing the yes and no response for question No.9

Yes%	No%
83.33%	16.67%

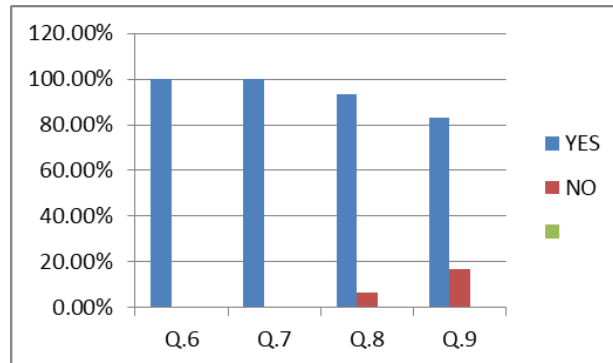


Table 10: If Yes Then You Are Taking Sufficient Exercises.
Showing the yes and no response for question No.10

Yes%	No%
83.33%	16.67%

Table 11: Do You Know Exercise Improve The Performance?
Showing the yes and no response for question No.11

Yes%	No%
93.33%	6.67%

Table 12: Does your parents allow you to participate in sports activities?

Showing the yes and no response for question No.12

Yes%	No%
100%	0%

Table 13: Do you play sports (games) regularly?
Showing the yes and no response for question No.13

Yes%	No%
100%	0%

Table 14: Do you think sports help to reduce stress (improve mental health)?
Showing the yes and no response for question No.14

Yes%	No%
100%	0%

Table 15: Do You Think Sports Activities Has A Role To Play In Improving The Health Status?
Showing the yes and no response for question No.15

Yes%	No%
100%	0%

Table 16: One should exercise regularly for own good health and physical fitness?
Showing the yes and no response for question No.16

Yes%	No%
96.67%	3.33%

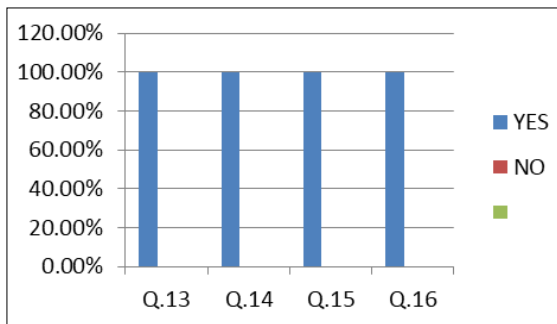


Table 17: Do you smoke?
Showing the yes and no response for question No.17

Yes%	No%
100%	0%

Table 18: Can injuries affect your performance?
Showing the yes and no response for question No.18

Yes%	No%
100%	0%

Table 19: If yes, you are a regular smoker?
Showing the yes and no response for question No.19

Yes%	No%
13.33%	86.67%

Table 20: Do you know the effect of smoking?
Showing the yes and no response for question No.20

Yes%	No%
96.67%	3.33%

Table 21: Do you consume alcohol?
Showing the yes and no response for question No.21

Yes%	No%
6.67%	93.33%

Table 22: Do you consume alcohol regularly?
Showing the yes and no response for question No.22

Yes%	No%
6.67%	93.33%

Table 23: Do you take rest after doing exercise?
Showing the yes and no response for question No.23

Yes%	No%
96.67%	3.33%

Table 24: Do you think that rest after exercise will restore your energy?
Showing the yes and no response for question No.24

Yes%	No%
96.67%	3.33%

Table 25: Do you know the importance of fitness?
Showing the yes and no response for question No.25

Yes%	No%
100%	0%

Table 26: Do you know the exercise improve the physical fitness?
Showing the yes and no response for question No.26

Yes%	No%
100%	0%

Table 27: Do you think good habits can improve your performance?
Showing the yes and no response for question No.27

Yes%	No%
93.33%	6.67%

Table 28: Do you agree that excessive exercise effect your fitness?
Showing the yes and no response for question No.28

Yes%	No%
86.67%	13.33%

4. Discussion of findings

The purpose of the Investigation was to identify the awareness about health and physical fitness of J& k Youth. From the table 1 to 30 has been seen that there is much awareness about health and physical fitness among the J& k Youth.

5. Discussion of hypothesis

In the beginning it was hypothesized that there will be much aware about health and physical fitness among JK Youth. After the analysis of the data it is revealed that there is much awareness among JK Youth. Thus the hypothesis of the research scholar has been accepted in this case.

6. Conclusion

In the light of result of this study following conclusions were drawn:

1. The overall awareness about health and physical fitness Among JK Youth is good.
2. The students have better knowledge about diet.
3. The students have better knowledge about exercise plans. The students were aware about
4. sanitation
5. The students have a positive attitude towards health and physical fitness.
6. In nut shell that the awareness about health and physical fitness Among JK Youth is better.

7. References

1. Bob Haffman. Fitness and wellness, published by khel sahitya Kendra, New Delhi 2001.
2. Singh Ajmer *et al.* Essentials of physical education. kalyani publishers, new Delhi 2008.

3. Bedworth E, Albert, Bedworth A, David. Health for human effectiveness. Published by Mayfield, London.
4. Siedentop Daryl. Introduction to physical education, fitness and sports. Published by Mayfield, London 2000.
5. Strand Bradford N. Fitness education, published by scotlsdale, U.S.A 1982.
6. Chi-li *et al.* comparison between children with and without asthma, physical activity and physical self-concept 2006;54:6.
7. Darad Rahmani-nia, *et al.* Association between self-perceived and measured physical fitness of male college students. World Applied Science Journal 2011;14(9).