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A comparative study of general health status among sedentary and non sedentary women belonging to different places of Hathras district (U.P)

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Abstract

The study was conducted to serve the purpose to compare the health status among sedentary and non sedentary middle age women of district Hathras of Uttar Pradesh. Hundred females (50 sedentary & 50 non sedentary) within the age group of 35-45 years were randomly selected to take part in this survey study. Survey research was used as tool to obtain data for the study which included health problems like thyroid, blood pressure, joint pain, insomnia, vitamin D deficiency, diabetes, gynaecological issues, migraine and asthma. In order to compare the health status between sedentary and non sedentary women, percentage of women suffering from various health problems were found. The finding reveals that the sedentary women are suffering more with health problems as compare to the non sedentary women.

Keywords: sedentary, non sedentary, thyroid, blood pressure, joint pain, insomnia, vitamin d deficiency, diabetes, gynaecological issues, migraine, asthma

Introduction

According to the World Health Organisation (WHO) a person is said to lead a sedentary life style if most of their time is spent doing only basic activities like sitting, standing, reading, working on the lap top, house work and may be a 30 minute walk. The latest report states that nearly 65% of Indians (especially the urban population) follow a sedentary life style. This life style is strongly associated with CVD, DM, cancer and premature mortality. A woman's health especially is influenced by several social determinants like income, education, employment, social connections, community and safety. In addition, they also have to care for their family and children. After a women hits her 30s, bone loss sets in gradually, she starts losing muscle mass after her 40s. Observational studies reveal that enhanced musculoskeletal fitness is positively associated with functional independence, mobility, bone health, psychological well being and reduced risk of non communicable disease. If they are not used to eating right and working out, they might gain weight more easily, burn fewer calories, lose muscle strength, experience weak bones, decreased immunity and effect on blood circulation and hormonal balance. All these increase the risk of cronic degenerative disorders like diabetes, hypertension, cardiac disease, cancer, respiratory disorder, depression and anxiety. Numerous studies indicate that malnutrition is another serious health concern that Indian women faces.

Objective of Study

Objective of the investigator was to conduct a comparative study of general health status among sedentary and non sedentary women belonging to different places of Hathras District (U.P).

Subjects

For the purpose of survey research 30 sedentary females and 30 non sedentary females belonging to different places of Hathras District were randomly selected as subjects. Their age ranging from 35 to 45 years. Though coming from different families background, all the subjects were fairly homogeneous in all respect.

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Methodology

From investigators own understanding of the health problems and as gleaned through the literature, this survey has been delimited to thyroid, blood pressure, joint pain, insomnia, vitamin D deficiency, diabetes, gynaecological issues, migraine and asthma. These data were collected after seeking the permission from the participants.

Results of the study

The objective of the study was to conduct a comparative study of general health status among sedentary and non sedentary women belonging to different places of Hathras District (U.P). To find out the health status, percentage of women suffering from various health problems were found which is presented in table No.1 and fig. no.1.

Table 1: Health Variables difference in sedentary women and non sedentary women

| Health Variables | Sedentary Women (in %) | Non Sedentary Women (in %) |
|-----------------------|------------------------|----------------------------|
| Thyroid | 16.6 | 10.0 |
| Blood Pressure | 36.0 | 13.3 |
| Joint Pain | 53.3 | 13.3 |
| Insomnia | 6.6 | 3.3 |
| Vit. D Deficiency | 26.6 | 10.0 |
| Diabetes | 13.3 | 3.3 |
| Gynaecological Issues | 36.0 | 16.6 |
| Migraine | 16.6 | 13.3 |
| Asthma | 3.3 | 3.3 |

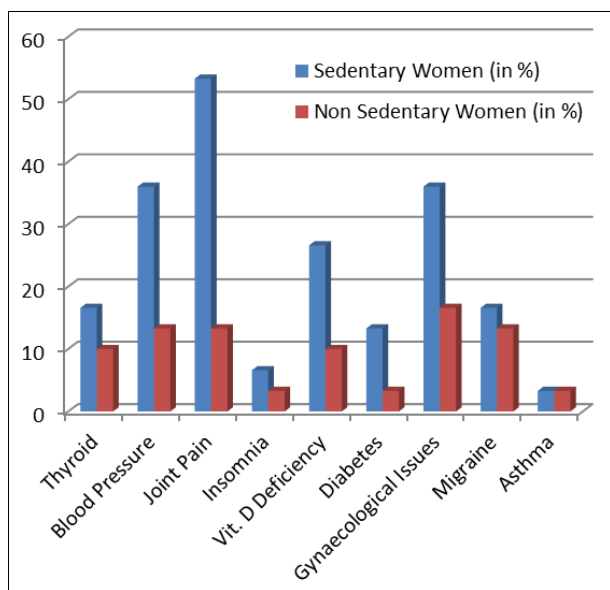


Fig 1: types of diseases sedentary women and non sedentary women

Conclusions

- 1) 16.6% sedentary women and 10% non sedentary women belonging to different places of Hathras District were found to be suffering from Thyroid Problem.
- 2) Survey revealed that 36% sedentary women and 13.3% non sedentary women were found to have blood pressure issues.
- 3) The above study depicted that 53.3% sedentary women and 13.3% non sedentary women were having joints pain.
- 4) 6.6% sedentary women and 3.3% non sedentary women were suffering from insomnia.
- 5) In the above survey it was found that 26.6% sedentary women and 10% non sedentary women were having vitamin D deficiency.

- 6) Survey also revealed that 13.3% sedentary women and 3.3% non sedentary women were suffering from Diabetes.
- 7) It was also found in survey that 36% sedentary women were having gynaecological problems whereas only 16.6% non sedentary women were having it.
- 8) In the survey 16.6% sedentary women and 13.3% non sedentary women were found to be suffering from migraine.
- 9) Survey also revealed that 3.3% sedentary and 3.3% non sedentary women were having asthma.

From the findings of the survey research it can be concluded that non sedentary women belonging to different places of Hathras District were found to be superior to the sedentary women in general health.

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