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## Assessment of life style and physical activity index among college students of Chandigarh

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### Abstract

The purpose of the study was to compare life style and physical activity between hosteller and non-hosteller female students of Chandigarh. For the purpose of the study, total 400 students (Hosteller-200 and Non-hosteller-200) were selected conveniently and purposively as the subject. The subjects were selected from Government Colleges of Chandigarh. The age of the subjects ranged from 18 to 25 years. Life Style was assessed with the help of Life Style Assessment Inventory developed by Anspaugh, Hamrick and Rasato (1994) and Physical Activity was assessed with the help of Physical Activity Index developed by Mayfield (2006). To compare the mean differences between Hosteller and Non-Hosteller students of Government College, descriptive Statistics i.e. mean, standard deviation and t- test were used. The level of significance was set as 0.05 levels. The results of the study indicate insignificant difference between Government hosteller and non-hosteller female students on the variables of lifestyle and physical activity as obtained p-value is greater than 0.05.

**Keywords:** hosteller & non-hosteller, life style, physical activity

### Introduction

Hostels play an important role in the development of child's mind and personality, in hostel children gets a healthy competitive environment with same age mates and classmates which motivate them to improve their performance (Moffat, 2011) [6]. Hostel is a place where students stay away from home in the institution. A hostel presents altogether different physical, social, psychological and philosophical environment compare to home environment. The students who they stay away from their parents in the hostels are known as hostellers. Unlike home the students are deprived of various physical and emotional comforts. They have to conform with norms and values forced by the authorities. Hostel environment varies from home environment. Non-hostellers do not stay away from their parents. The students who live in home with their parents and come to school or college only for study hours are identified as non-hostellers. They remain in constant touch with their parents and other members of family and relatives and feel more secured and comfortable compare to hosteller students (Singh, 2016) [11].

Lifestyle of an individual incorporates prototypes of culture and behavior and their personal habits such as physical activity, diet, smoking, or alcoholism that have developed through the process of socialization. It develops through importunate interaction with family and peers (Purohit & Singh, 2012) [8]. Due to concern for a health-promoting life style, the role of physical activity has occupied an important position in recent research (Shephard & Aoyagi, 2010; Atallah *et al.*, 2011) [9, 2]. Participation in a systematic physical activity is especially emphasized in relation with many necessities for the good health of contemporary societies. The lifestyle topics included were weight management, nutrition, physical activity, and smoking. We coded whether the general practitioner or the patient initiated the discussion about lifestyle. The content of lifestyle counseling was classified as assessment of lifestyle or giving specific advice. Assessment of lifestyle was defined as information gathering on weight, or weight change, dietary pattern, physical activity, or smoking status, or (recent) changes in these behaviors. It also included the measurements of body weight or waist circumference. Discussion of alcohol use was regarded as a discussion of 'nutrition', unless the focus was on problems related to alcohol addiction.

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**Objective of the Study**

The objective of the study was to assess life style and physical activity between hosteller and non-hosteller college students of Chandigarh.

**Method and Procedure**

For the purpose of the present study total 400 female students (200 Hosteller & 200 non-hostellers) were selected conveniently and purposively. The subjects were selected from different colleges of Panjab University Chandigarh. The age of the subjects ranged from 18 to 25 years. Life Style was measured by using Life Style Assessment Inventory developed by Anspaugh, Hamrick and Rasato (1994) [1]. It has 78 items, these question statements were evenly divided in eight Life Style contents namely physical, alcohol and drug, nutritional, social wellness, spiritual wellness, emotional wellness, stress control, intellectual wellness assessment. The subjects were responding using five point ordinal scale. The validity of the scale is .89. The normative response intervals

for life style assessment are Excellent for 86-100, good for 70-85, Average for 50-69, Below Average for 30-49 and Needs Improvement for Less than 30. Physical Activity was measured by Physical Activity Index developed by Mayfield (2006) [5]. It was calculate by multiply frequency, duration and intensity. Further on the basis of above assessment the students were classified into different Activity Level i.e. less than 15 indicates Sedentary, 15-24 is Low Active, 25-40 is Moderate Active, 41-60 is Active, and greater than 60 is High Active. To compare the mean differences between hosteller and non-hosteller students of Government College, descriptive statistics i.e. mean, standard deviation and t-test were used. The level of significance was set as 0.05 level.

**Result & Findings**

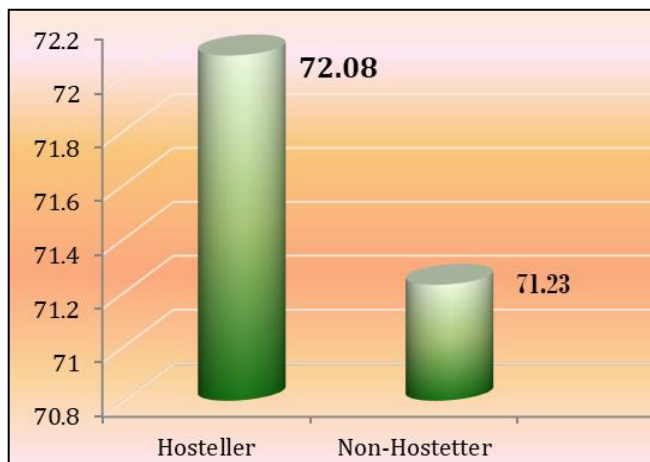
For the finding of the significance differences between hosteller and non-hosteller with regard to life style and physical activity index the following tables 1 and 2 have been given as the results of the study.

**Table 1:** Comparison of Scores on Life Style between Hosteller and Non-Hosteller College Students of Chandigarh

| Variable   | Group         | N   | Mean  | SD    | t-value | df  | Sig. |
|------------|---------------|-----|-------|-------|---------|-----|------|
| Life Style | Hosteller     | 200 | 72.08 | 9.25  | .819    | 398 | .413 |
|            | Non Hosteller | 200 | 71.23 | 11.44 |         |     |      |

\* Statistically significant at 0.05 level

Table-1 reveals that insignificant difference was found between hosteller & non-hosteller college students on life style since t-value of 0.819 was found lesser than the required tabulated value and p-value was greater than 0.05.



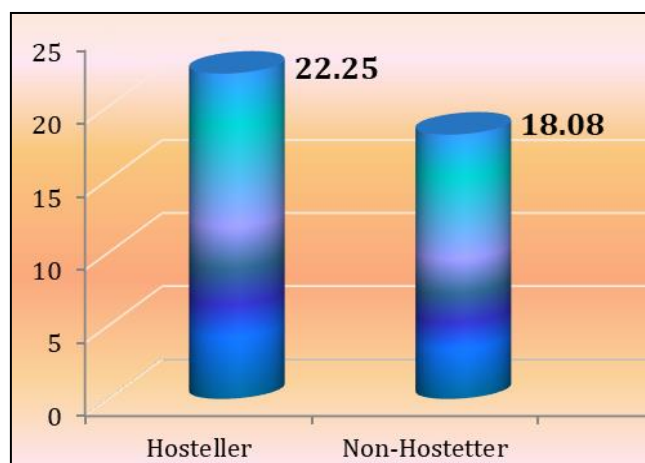
**Fig 1:** Graphical Representation of Mean Values of Hosteller and Non-Hosteller College Students on Life Style

**Table 2:** Comparison of Scores on Physical Activity Index between Hosteller and Non-Hosteller College Students of Chandigarh

| Variable                | Group         | N   | Mean  | SD    | t-value | df  | Sig. |
|-------------------------|---------------|-----|-------|-------|---------|-----|------|
| Physical Activity Index | Hosteller     | 200 | 22.25 | 25.88 | 1.632   | 398 | .103 |
|                         | Non Hosteller | 200 | 18.08 | 25.26 |         |     |      |

\* Statistically significant at 0.05 level

Table-2 reveals that insignificant difference was found between hosteller & non-hosteller college students on physical activity since t-value of 1.632 was found lesser than the required tabulated value and p-value was greater than 0.05.



**Fig 2:** Graphical Representation of Mean Values of Hosteller and Non-Hosteller College Students on Physical Activity

**Discussion of Findings**

From the findings of this study it was evident that insignificant differences were found between hosteller and non-hosteller college students of Chandigarh on Life style and physical activity index. A number of studies conducted to evaluate the physical activity, diet, and fitness status of university students have revealed that the physical condition and nutritional habits of students are very much associated with their own attitudes toward health promotion and illness prevention (Haase *et al.*, 2004; Nasui and Popescu, 2014) [3, 7]. A previous study found a direct relationship between social support and wellbeing among college students. Physical decline was evident during young adults' transition into early adulthood with the steepest decline occurring at the time of entering a university (Kwan *et al.*, 2012; Sigmundova *et al.*, 2013) [4, 10].

## Conclusion

### On the basis of findings of the study, the following conclusions may be drawn

- It was found that there was no significant difference in life style between hosteller & non-hosteller college students of Chandigarh.
- No significant difference was found between hosteller and non-hosteller college students of Chandigarh on physical activity index.

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