



ISSN: 2456-0057

IJPNPE 2024; 9(2): 34-36

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www.journalofsports.com

Received: 03-06-2024

Accepted: 07-07-2024

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Fitness and body care among Chandigarh police male constables

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DOI: <https://doi.org/10.22271/journalofsport.2024.v9.i2a.2936>

Abstract

The purpose of study was to analyze the fitness and body care among the Chandigarh Police Male constables. For this purpose, a sample of 100 constables from Chandigarh Police has been taken randomly. These 100 samples were further bifurcated between two classes i.e. first; newly recruited constables with experience up to 1 year and secondly the constables with job up to 15 years. The tool used here was “Questionnaire of Health and Wellness” developed by Barker Ray, University of South California, 2001. Two groups were also chosen through random sampling. For data analysis the editing, coding, classification and tabulation of the responses of the questionnaires were used. Also the data was analyzed by using suitable statistical techniques. Further the descriptive statistic using diagram such as pie chart and other pictorial means. On the basis of finding of study, maximum numbers of constables are good in fitness and their body care by walking instead of driving where feasible but some of them need improvement in their fitness and body care by doing some physical activities in daily schedule. They even didn't spend time for body care and fitness. Most of the newly recruited constables are in excellent condition of fitness and body care by doing stretching exercise or indulging themselves in any other physical activity routine, taking care of personal hygiene in each day of life.

Keywords: Fitness, body care, health and wellness, Chandigarh police constables

Introduction

Health can be divided into two broad aspects - physical and mental health. Physical Health- means a physical wellbeing i.e. a good body health, which is healthy because of regular physical activity (exercise), good nutrition, and adequate rest. It relates to anything concerning our bodies as physical entities. Mental Health- refers to people's cognitive and emotional well-being. mental health includes the ability to enjoy life, the ability to bounce back from adversity, the ability to achieve balance (self-control), the ability to be flexible and adapt, the ability to feel safe and secure, and self-actualization (making the best of what you have).

Fitness is the top priority for people these days as it plays a significant role in how they will perform in life. Exercises for men are essential in keeping them healthy. Individuals who perform regular workouts have less stress and have more efficient cardiovascular, respiratory and digestive systems. When all the internal organs are working optimally, a person appears to be happy externally.

A fit person can relish life on every front as he is never short of the precious energy. Regular gym workouts for men increase energy levels by increasing the blood flow, which supplies fresh oxygen-rich blood to the organs resulting in the growth and repairing of the cells in the body. When an individual has ample enthusiasm, his outlook toward life is far more positive, which makes life enjoyable.

Fit people also have less stress in their lives which is a significant factor in living life peacefully. When a person is not stressed, he can take care of the people around him, and his performance is enhanced in every field. Stress is the number one mental health problem that a lot of people deal with on a regular basis without ever realizing how much harm it could do to their health. Exercises counter the stress by releasing feel-good hormones called dopamine and serotonin. The human body is a wonderful creature of God. It is the physical representation of

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human beings. It can exercise and relax to calm the mind. Your body is the core of your internal and external personality. It is essential that you take utmost care of your body. Healthy diet and exercise help maintain various bodily functions. But what about the largest organ - Skin? You are exposed to so many chemicals, pollutants, stress and other unwanted elements that can take a toll on your body. Hence, you need healthcare products that can protect you from external influences such as pollutants, irritants, etc. We can protect by using good bio body care products.

Apart from healthcare products, we can apply aromatherapy, massage therapy, sauna bath, etc. These therapies have therapeutic effects on your body can help you stay strong and fit.

Purpose of the study

The purpose of the study was to evaluate the fitness and body care among the Chandigarh Police personnel's.

Methodology and Procedure

For this study, sample of 100 constables from Chandigarh Police has been taken randomly and are further bifurcated between two classes i.e. newly recruited constables with experience up to 1 year and the constables with job up to 15 years, for the in-depth analysis. Descriptive research design has been followed and survey method was adopted to help it. "Questionnaire of Health and Wellness" developed by Barker Ray, University of South California, 2001 was used. For data analysis the editing, coding, classification and tabulation of the responses of the questionnaires were used. Also the data was analyzed by using suitable statistical techniques. Further the descriptive statistic using diagram such as pie chart and other pictorial means.

Analysis of data and Results

The analysis of data, finding and the discussion of the findings have been presented in the forms of tables, figures and along with their descriptions.

Table 1: Fitness and body care

	Need improvement	Good	Excellent	Total
New constables	2	42	6	50
Senior constables	32	18	0	50
Chandigarh police constables	34	60	6	100

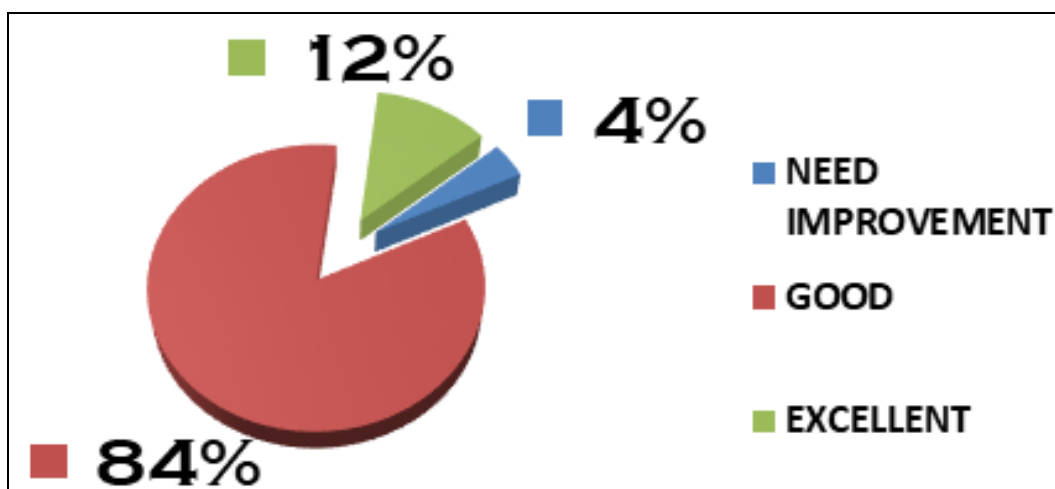


Fig 1: Fitness and body care new constables

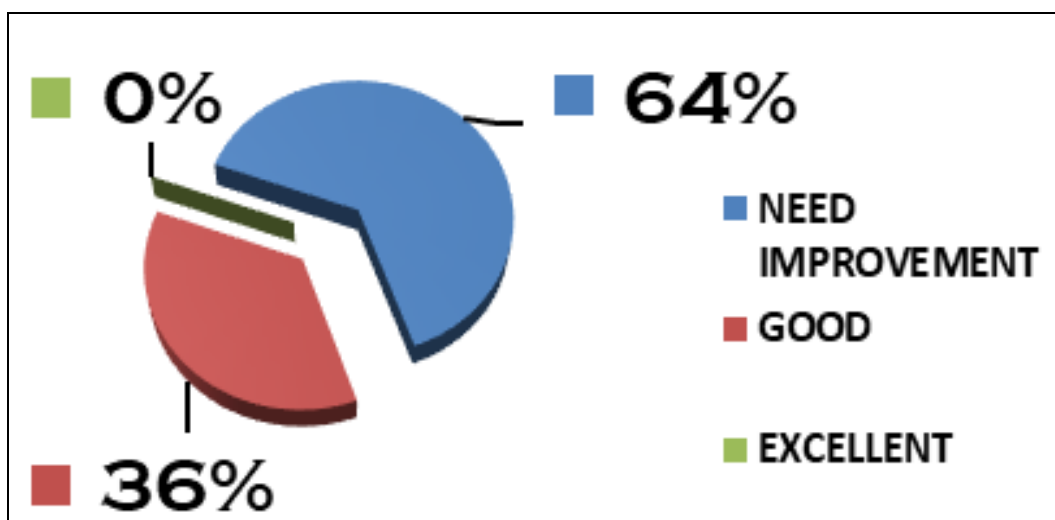


Fig 2: Fitness and body care senior constables

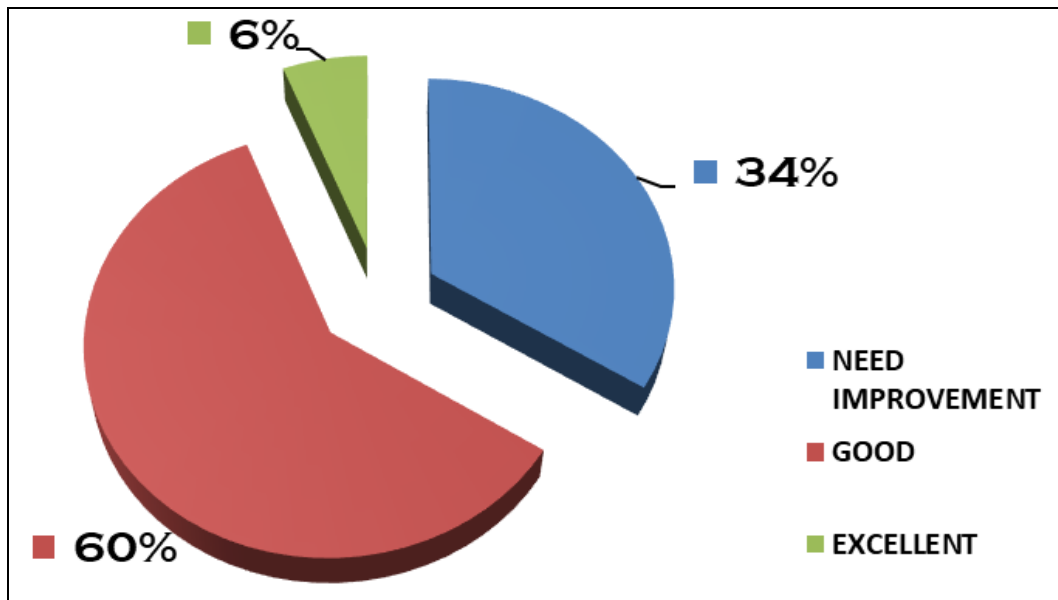


Fig 3: Fitness and body care

Figure “1” shows the Fitness and Body care profile status of newly recruited Constables has percentage has 4%, 84% and 12%. Out of 50 constables 42 of them are good in fitness and their body care while just only 2 need improvement in their fitness and body care profile and 6 of them is excellent in their fitness and body care profile. Figure “2” shows the Fitness and body care of senior constables of Chandigarh Police, out of 50 constables, 32 constables need improvement in their fitness and body care profile while 18 are good in fitness and body care profile and none of them is in excellent condition. Figure “3” shows the fitness and body care status of Chandigarh Police Constables, out of 100 constables, the majority of 60% constables shows that they are good in fitness and body care, 34% need improvement in their fitness and body care and while 6% of them are in excellent condition in attribute of fitness and body care profile.

Discussion of findings

This is evidently revealed by the statistics that maximum numbers of constables are good in fitness and their body care. They are maintaining their fitness by doing small workouts in form of walking, jogging and running instead of driving where feasible. Some of constables need improvement in their fitness and body care by doing some physical activities in daily schedule; they even didn't spend time for body care and fitness. The majority of them are in excellent condition of fitness and body care profile by stretching and bending their body several of minutes in a day, taking care of personal hygiene and body by taking spa and certain other therapies once/ twice in the month.

Recommendations

Fitness and Body Care are the pre-essentials for jobs like Police. The collaborative picture of the Fitness and Body Care of Chandigarh Police constables seems pretty good with almost 66% of respondents found in the category of good. But in comparative charts the situation reversed dramatically in which the senior constables need improvement in Fitness and Body Care. Chandigarh Police administration may take precise action to increase the fitness level in the senior constables by offering them a proper fitness programme in their set of course.

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