

To Study the Relationship between Physical Activity and Related Health Problems among Young Women at Undergraduate and Postgraduate Level in North India

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Abstract—Physical inactivity, especially in women, is becoming a major public health problem in present scenario. Physical inactivity is leading to the development of chronic diseases like cardiovascular diseases, diabetes and osteoporosis which eventually leads to and premature death. There I a strong positive correlation between Physical activity and holistic health of woman. Therefore, it is vital to access the knowledge, attitude, and practice of women in this regard so that early interventions can be proposed to counter the health problems.

Objective- This study aims to assess the knowledge, attitude and practice related to physical activity and its effect on health among women.

Materials and Method- a cross sectional study was conducted among 244 females at bachelor's and master's educational level in North India. A pre-tested and pre-formed questionnaire was used. Data was analyzed statistically by using Microsoft Excel.

Result- a total number of 244 females were enrolled in this study. The mean age of the respondents was 23 years with the lowest being 17 years and highest being 29 years. The average knowledge, attitude and practice component were 73.89%, 57.12% and 26.23% respectively. It was astounding to note that around 8.2% of educated girls are not even aware about relationship between physical activity and health problems.

Conclusion- The knowledge component is fairly high at 73.89% but practice component is relatively very low at 26.23%. Therefore, continuous positive reinforcements for physical activity should be given to the students by family and teachers and health educators.