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Research Article

BARRIERS FOR PHYSICAL ACTIVITY BETWEEN INDIAN AND FOREIGN FEMALE STUDENTS OF DELHI STATE: A COMPARATIVE STUDY

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ABSTRACT

The purpose of the study was to compare the barriers for physical activity between Indian and Foreign female students of Delhi State. To achieve the objective of the study, two hundred (N=200) Indian female students and two hundred (N=200) Foreign female students between 17 to 25 years were selected conveniently and purposely from the regular students of different Universities and colleges of Delhi State as subjects. 'Barriers to Being Active Quiz (BBAQ-21)' constructed by United States Development of Health and Human Service (USDHHS, 1999) was used to assess barriers for physical activity of students. To determine the significant difference between the mean scores of Indian and Foreign female students on physical activity barriers 't' test was employed with the help of SPSS software. The level of significance was set at 0.05. Results of the study revealed that there were no significant differences found on barriers for physical activity between Indian female and foreign female students of Delhi state except lack of time and skill. However, the finding on mean basis also reveals that foreign female students were having less barrier of physical activity on all obstacles than Indian female students.

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INTRODUCTION

No doubt men have achieved wonders with the help of scientific approach in every sphere. Scientific advances have helped the everyman to reside in a global village. The world has become so small that within Twenty Four's hour's man can reach to any part of the globe with help of aero planes. Likewise, man has become dependent on these science adventures, which leads to sedentary lifestyle. Gone are the days when men use to perform manual tasks for earning their bread and butter, which helps to maintain active healthy lifestyle. In the modern era, science has provided many comforts to the people which affect their health badly. Devices such as television, computers etc. lure the human beings to sit for longer hours in front of and gives birth too many non-communicable diseases such as lower back pain etc.

People have developed the phobia of no free time. To perform domestic tasks such as washing clothes, art mopping of floor, people depend on electronic machines which leads inactive daily life. Secondly, they fall in false prestige by not performing their work themselves, even they have free time to perform, and this wrong attitude leads them towards sedentary life. The wrong attitudes of sedentary life think as a symbol by them. These myths, bring lot of health problems for the people, indication to this fact is that, many number of multi-specialty

hospitals are increasing day by day. .in past, the young generation was used to participate in physical activities, sports and games. But now a day, these games and sports are being played by the younger generation in a passive manner either playing video games or watching matches on television. Younger generations are attracted more towards fashion shows or some other r activities rather recreating themselves by participating in physical activity. Passive is a slow poison which give birth too many ailments (Kumar, 2009). Regular physical activity may also benefit communities and economies through increased productivity in the workplace, lower worker absenteeism and turnover, better performing schools. Regular physical activity can help you thinking learning and judgment skills sharp. Research has shown that doing aerobic or a mix of aerobic and muscle strengthening activities 3 to 5 times a week for 30 to 60 minutes can give you mental health benefits. Some scientific evidence has also shown that even lower levels of physical activity can be beneficial (Kamlesh, 1990). Sedentary behaviors are also typical of college youth. A sharp decline in physical activity occurs during the transition from high school to college, and again upon entering the work force (Agarwal, 2012).

MATERIALS AND METHODS

To achieve the objective of the study, two hundred (N=200)

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Indian female students and two hundred (N=200) Foreign female students were selected conveniently and purposely from the regular students of different Universities and Colleges of Delhi State as subjects. The age of the subjects ranged between 17 to 25 years. "Barriers to Being Active Quiz (BBAQ-21)" constructed by United States Development of Health and Human Service (USDHHS, 1999) was used to measure physical activity barriers of students. In order to examine the hypothesis of the present study Mean, SD and Independent sample 't' test was applied to compare the mean scores of Indian and Foreign female students on physical activity barriers. The level of significance was set at 0.05.

RESULTS AND DISCUSSION

Comparison of scores on Physical Activity Barrier (lack of time) between Indian and Foreign female students of Delhi State is presented in Table 1.

Table-1 Comparison of scores on lack of time between indian and foreign Female students of delhi state

Variable	Group	N	Mean	SD	SEM	MD	SED	t-value
Lack of Time	Indian Female	200	3.99	1.46	.08	.31	.13	2.26*
	Foreign Female	200	3.68	1.25	.10			

*Significant at .05 level
't'.05 (398) = 1.96

It is evident from table-1 that Indian female had mean score of 3.99 with S.D=1.46 and S.E.M=.08. Foreign female had mean 3.68 with S.D=1.25 and S.E.M .10. Mean difference and S.E.D were .31 and .13 respectively. t-value was found to be statistically significant as the value obtained was 2.26 whereas, the tabulated value was 1.96 with 398 degree of freedom at .05 level of significance. Mean scores of Indian and Foreign female students of Delhi State on Barrier of Physical Activity (Lack of Time) is depicted graphically in fig. 1.

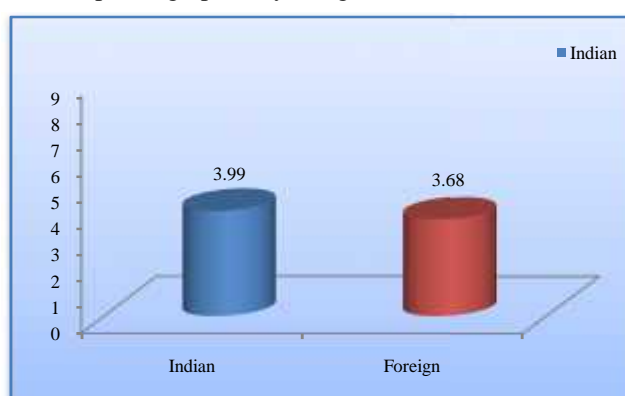


Figure-1 Mean Scores of Indian and Foreign Female Students of Delhi State on Barriers of Physical Activity (Lack of Time)

Comparison of scores on Physical Activity Barrier (social influence) between Indian and Foreign female students of Delhi State is presented in Table 2.

Table-2 Comparison of Scores on Social Influence Between Indian And Foreign Female Students of Delhi State

Variable	Group	N	Mean	SD	SEM	MD	SED	t-value
Social Influence	Indian Female	200	4.03	1.63	.11	.11	.15	.738
	Foreign Female	200	3.92	1.48	.10			

*Significant at .05 level
't'.05 (398) = 1.96

It is observed from table-2 that Indian female had mean score of 4.03 with S.D=1.63 and S.E.M=.11. Foreign female had mean 3.92 with S.D=1.48 and S.E.M.10. Mean difference and S.E.D were .11 and .15 respectively. t-value was not found to be statistically significant as the value obtained was .738 whereas, the tabulated value was 1.96 with 398 degree of freedom at .05 level of significance. Mean scores of Indian and Foreign female students of Delhi State on Barrier of Physical Activity (Social Influence) is depicted graphically in fig. 2.

Comparison of scores on Physical Activity Barrier (lack of energy) between Indian and Foreign female students of Delhi State is presented in Table 3.

It can be ascertained from table-3 that Indian female had mean score of 3.67 with S.D=1.54 and S.E.M=.10. Foreign female had mean 3.50 with S.D=1.53 and S.E.M .10.

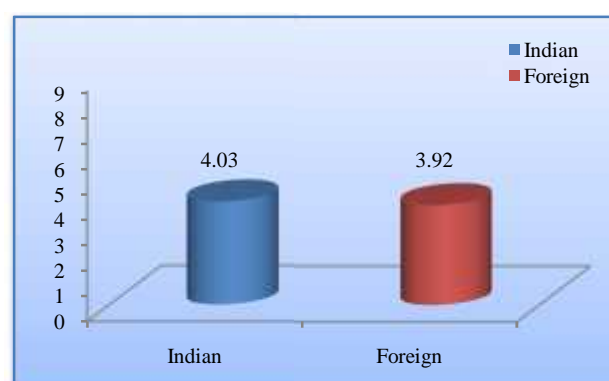


Figure-2 Mean Scores of Indian and Foreign Female Students of Delhi State on Barriers of Physical Activity (Social Influence)

Mean difference and S.E.D were .17 and .15 respectively. t-value was not found to be statistically significant as the value obtained was 1.13 Whereas, the tabulated value was 1.96 with 398 degree of freedom at .05 level of significance. Mean scores of Indian and Foreign female students of Delhi State on Barrier of Physical Activity (Lack of Energy) is depicted graphically in fig.3.

Comparison of scores on Physical Activity Barrier (lack of will power) between Indian and Foreign female students of Delhi State is presented in Table 4.

Table-3 Comparison of Scores on Lack of Energy between Indian and Foreign Female Students of Delhi State

Variable	Group	N	Mean	SD	SEM	MD	SED	t-value
Lack of Energy	Indian Female	200	3.67	1.54	.10	.17	.15	1.13
	Foreign Female	200	3.50	1.53	.10			

*Significant at .05 level
 $t'_{.05}(398) = 1.96$

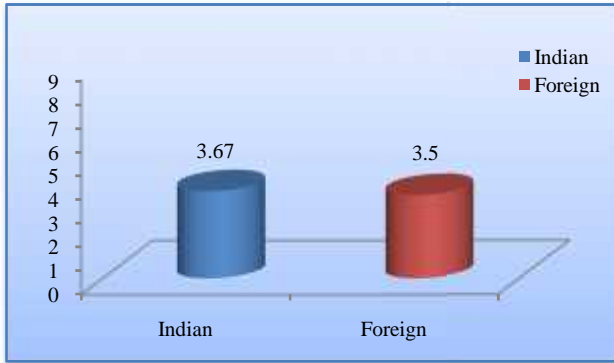


Figure-3 Mean Scores of Indian and Foreign Female Students of Delhi State on Barriers of Physical Activity (Lack of Energy)

Comparison of scores on Physical Activity Barrier (fear of Injury) between Indian and Foreign female students of Delhi State is presented in Table 5.

A glance at table-5 showed that Indian female had mean score of 4.25 with S.D=1.63 and S.E.M=.12. Foreign female had mean 4.11 with S.D=1.76 and S.E.M .11. Mean difference and S.E.D were .13 and .17 respectively. t-value was not found to be statistically significant as the value obtained was .79 whereas, the tabulated value was 1.96 with 398 degree of freedom at .05 level of significance. Mean scores of Indian and Foreign female students of Delhi State on Barrier of Physical Activity (Fear of Injury) is depicted graphically in fig. 5.

Table-4 Comparison of Scores on Lack of Will Power Between Indian And Foreign Female Students of Delhi State

Variable	Group	N	Mean	SD	SEM	MD	SED	t-value
Lack of Will Power	Indian Female	200	3.68	1.62	.11	.01	.16	.03
	Foreign Female	200	3.69	1.66	.11			

*Significant at .05 level
 $t'_{.05}(398) = 1.96$

A perusal of content of table-4 on lack of will power would shown that Indian female had mean score of 3.68 with S.D=1.62 and S.E.M =.11. Foreign female had mean 3.69 with S.D=1.66 and S.E.M .11. Mean difference and S.E.D were .01 and .16 respectively. t-value was not found to be statistically significant as the value obtained was .03 whereas, the tabulated value was 1.96 with 398 degree of freedom at .05 level of significance. Mean scores of Indian and Foreign female students of Delhi State on Barrier of Physical Activity (Lack of Will Power) is depicted graphically in fig.4.

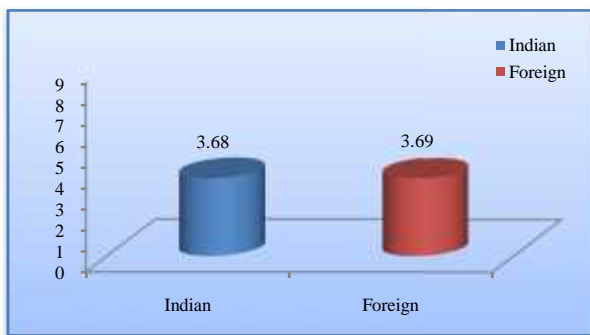


Figure-4 Mean Scores of Indian and Foreign Female Students of Delhi State on Barriers of Physical Activity (Lack of Will Power)

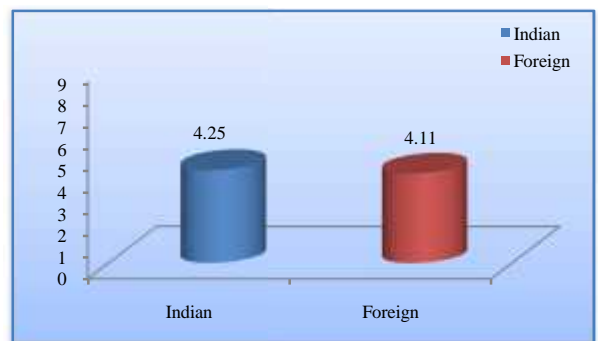


Figure-5 Mean Scores of Indian and Foreign Female Students of Delhi State on Barriers of Physical Activity (Fear of Injury)

Comparison of scores on Physical Activity Barrier (lack of skill) between Indian and Foreign female students of Delhi State is presented in Table 6.

From result entered in table-6 showed that Indian female had mean score of 3.72 with S.D=1.53 and S.E.M=.10. Foreign female had mean 3.40 with S.D=1.25 and S.E.M .08. Mean difference and S.E.D was .31 and .14 respectively. t-value was found to be statistically significant as the value obtained was 2.24 whereas, the tabulated value was 1.96 with 398 degree of

Table-5 Comparison of Scores on Fear of Injury Between Indian And Foreign Female Students of Delhi State

Variable	Group	N	Mean	SD	SEM	MD	SED	t-value
Fear of Injury	Indian Female	200	4.25	1.63	.12	.13	.17	.79
	Foreign Female	200	4.11	1.76	.11			

*Significant at .05 level
 $t'_{.05}(398) = 1.96$

Table-6 Comparison of Scores on Lack of Skill Between Indian And Foreign Female Students of Delhi State

Variable	Group	N	Mean	SD	SEM	MD	SED	t-value
Lack of Skill	Indian Female	200	3.72	1.53	.10	.31	.14	2.24*
	Foreign Female	200	3.40	1.25	.08			

*Significant at .05 level
 $t'_{.05(398)} = 1.96$

freedom at .05 level of significance. Mean scores of Indian and Foreign female students of Delhi State on Barrier of Physical Activity (Lack of Skill) is depicted graphically in fig. 6.

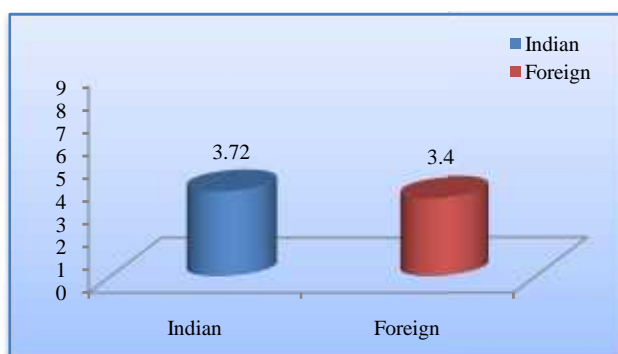


Figure-6 Mean Scores of Indian and Foreign Female Students of Delhi State on Barriers of Physical Activity (Lack of Skill)

Comparison of scores on Physical Activity Barrier (lack of resources) between Indian and Foreign female students of Delhi State is presented in Table 7.

Table-7 Comparison of Scores on Lack of Resources between Indian And Foreign Female Students of Delhi State

Variable	Group	N	Mean	SD	SEM	MD	SED	t-value
Lack of Resources	Indian Female	200	4.14	1.81	.12	.14	.18	.80
	Foreign Female	200	4.00	1.80	.12			

*Significant at .05 level
 $t'_{.05(398)} = 1.96$

A perusal of content of table-7 on lack of resources would shown that Indian female had mean score of 4.14 with S.D=1.81 and S.E.M=.12. Foreign Female had mean 4.00 with S.D=1.80 and SEM .12. Mean difference and S.E.D were .14 and .18 respectively. t-value was not found to be statistically significant as the value obtained was .80 whereas, the tabulated value was 1.96 with 398 degree of freedom at .05 level of significance. Mean scores of Indian and Foreign female students of Delhi State on Barrier of Physical Activity (Lack of Resources) is depicted graphically in fig. 7.

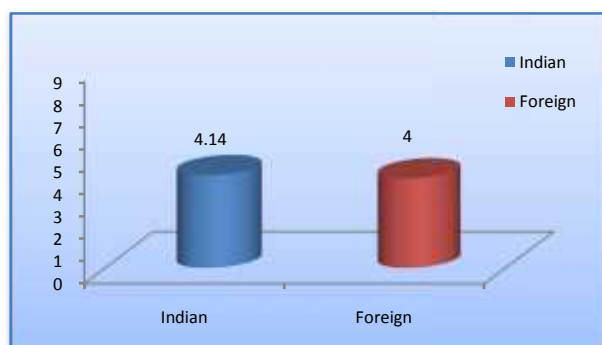


Figure-7 Mean Scores of Indian and Foreign Female Students of Delhi State on Barriers of Physical Activity (Lack of Resources)

CONCLUSIONS

In the light of findings of present study the following conclusions were drawn:

- There were no significant differences between Indian female students and foreign female students of different Universities and colleges of Delhi State on social influence, fear of injury, lack of resources, lack of will power and lack of energy.
- There were significant difference found on lack of time and lack of skill between Indian female and foreign female students of Delhi state.
- Foreign female students were having less barrier of physical activity on all obstacles than Indian female students. The scores were also indicated that students did not found any perfect barrier for physical activity from both categories on mean basis.

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