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STATUS OF HEATH RELATED PHYSICAL FITNESS AMONG STUDENTS

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ABSTRACT-

This study seeks to examine the impact of health-related fitness awareness on physical activity levels among school pupils. The quantitative research method was employed to collect data from the participants. A total of 180 students, comprising boys and girls aged 13 to 16 years, were selected for the study. The data was gathered from the students at schools in the Bahawalpur district. The researcher utilized easy sampling as the methodology for the specific analysis. The researcher employed a questionnaire as a methodological instrument to gather quantitative data on health-related fitness awareness from the participants. The results were analyzed using quantitative research methods, specifically descriptive statistics, t-tests, bivariate correlation, and regression analysis in SPSS. The results indicated a positive association between students' awareness of health-related fitness and physical activity engagement. Linear regression analysis revealed that awareness of health-related fitness strongly predicted physical activity among the students. The findings indicated a substantial disparity ($p < .01$) in health-related fitness

awareness scores between boys (M = 8.85, SD = 1.78) and girls (M = 8.4, SD = 1.73). This research demonstrated that boys possessed superior health-related fitness awareness scores compared to girls. The study determined that enhancing awareness of health-related fitness could elevate physical activity levels among school kids.

Keywords: Physical Activity Awareness; Students Health; Fitness

Intruduction

Physical activity (PA) is intrinsically linked to health maintenance, particularly among school-aged children (Haible et al., 2020). Understanding health-related fitness is essential for addressing both physical and mental challenges. Health-related fitness awareness refers to individuals' understanding and recognition of the need of maintaining physical fitness. Promoting awareness of health-related fitness may motivate students to engage in physical activities and adopt healthy living practices (Grieco et al., 2009). Although several studies indicate favorable effects from these therapies, others have documented contradictory or detrimental results (Van et al., 2017). Researchers have investigated the concept of health-related fitness awareness in enhancing physical activity, particularly among school-aged children. Research indicates that heightened awareness of health-related fitness can enhance physical activity levels (McKenzie et al., 1991; Dobbins et al., 2009). However, further research has yielded inconsistent or negative results, suggesting that enhancing awareness alone may be insufficient to maintain behavioral improvements in individuals (Van et al., 2017). Physical activity (PA) is a thoroughly investigated variable in health-related research, including studies aimed at promoting PA and mitigating sedentary behaviors. Various techniques for assessing

physical activity, including self-reported measures

Sallis and Saelens (2000) delineated questionnaires, accelerometers, and pedometers. Research has consistently demonstrated that regular physical activity may yield numerous health benefits, including a reduced risk of obesity, diabetes, cardiovascular illnesses, and mental health disorders such as anxiety and depression (Kibbe et al., 2011). Contemporary youngsters at school and home have a diminished propensity for physical activities, attributable to the heightened accessibility and utilization of technology devices. These acts and traits significantly influence the development and progression of physical and cognitive states, psychological wellness, intellectual ability, and children's academic accomplishments. Furthermore, modern technology has contributed to a sedentary lifestyle in children, resulting in a distinct phenotype compared to that of their parents' age, as seen by Sbeih and Shibly (2021). Currently, children exhibit a higher body weight and body mass index (BMI) relative to their counterparts from earlier decades. Despite guidelines suggesting that children engage in 60 or more minutes of moderate to vigorous physical activity daily, only around one-third of children reported being physically active in the five days preceding the survey. The decline in physical fitness, shown by parameters such as flexibility, muscular strength, and cardiorespiratory capacity, and the increase in health hazards linked to a sedentary lifestyle, has contributed to the epidemic of children obesity (Wong et al., 2021).

Consistent physical activity is crucial for children and students as it fosters the development of fundamental motor skills and physical literacy. Participating in physical activity offers various advantages, including the maintenance of a healthy weight and the enhancement of bone, muscle, cardiovascular, and pulmonary strength. Furthermore, physical activity can be advantageous for

weight maintenance. While any type of physical activity is beneficial, engaging in moderate to high-intensity activities throughout aging can yield additional advantages (O'Kane et al., 2021).Consistent physical activity yields clear health advantages and mitigates the intensity of PMS symptoms in females. The body generates endorphins with moderate exercise, fostering a sense of wellbeing. These natural analgesics are effective for muscle cramps and back pain. Consequently, when youngsters participate in physical activity, they gain advantages in physical, cognitive, and various other domains of their health. Regular physical activity enhances concentration, academic achievement, sleep quality, and energy levels in schoolchildren. Furthermore, children that consistently participate in physical activity have enhanced social connections and an improved self-image (Mavilidi et al., 2018). This study aims to investigate the impact of health-related fitness awareness on physical task performance among school kids and how this knowledge might be enhanced to foster enduring behavioral change.

Promoting physical activity in children during their developmental stages, including dancing, jumping, walking, jogging, stretching, and playing, fosters a lifetime appreciation for movement. This method can enhance self-esteem and foster a healthy body image, as children concentrate on their physical capabilities rather than their looks (Macdonald et al., 2021). This research seeks to assess the knowledge of health-related fitness through physical activities and their effects on children's education, physical health, and academic performance.

Comprehending the ramifications of this research enables individuals to see the significance of disseminating knowledge and education regarding physical activity and health inside educational institutions. This can assist pupils in attaining optimal advancement in their physical and mental well-being as well as their academic achievement throughout their education.

Methodology

Research Design

Quantitative research is suitable for the present study as it enables researchers to test hypotheses and derive conclusions from numerical data. Furthermore, quantitative study can ascertain the prevalence and magnitude of physical activity among youngsters. The study is to evaluate the impact of strength-related wellbeing on physical activities among school children and to investigate variations in physical activity levels based on demographic factors such as competition, ethnicity, sports participation, and athletic experience. Therefore, the researcher selected quantitative research methodologies. The investigation primarily aimed to assess the influence of health-related fitness recognition on physical activity among school pupils through hypothetical propositions.

Population and Sampling of the Study

The study population comprises school children in the Bahawalpur region. The researcher employed easy sampling as the most practical method for acquiring the required information. The demographic comprises school pupils who participate in little physical activity. The researcher used convenient sampling as it was the most practical and accessible method for acquiring the requisite information from this community**.**

Sample Size

A sample size of 180 students was selected according to the research objectives and the characteristics of the population. The researcher employed an online statistical calculator, A-prior

(Soper, 2020), to substantiate the sample size computation. The expected effect size in the study was established at 0.15, the target statistical power was determined to be 0.8, and the probability threshold was set at 0.05, which may correspond to the significance level or alpha value in hypothesis testing. The researcher determined a minimal sample size of 144, accounting for a 20% attrition rate. The ultimate sample size was 180 students to account for anticipated dropouts or attrition throughout the investigation.

Research Instrument

In this study, the researcher selected a questionnaire as the research instrument to gather the necessary information from the sampled population. A questionnaire has multiple questions that respondents indicate, document, or respond to. The researcher selected a closed-ended questionnaire format to obtain the necessary information from participants. Closed-ended questions featured prepared responses, allowing respondents to select their answers by marking the most suitable option. (Griffith et al., 1999).

Health and Physical Activity Questionnaire

The questionnaire assessed the strength condition and current physical activity of school kids. The initial assessment concentrated on the participants' intrinsic wellbeing, employing a five-point scale to evaluate their present health status and interests linked to their strengths. Participants were requested to specify which domains necessitated enhanced health maintenance, including physical activity, dietary practices, sleep patterns, etc. The present physical activity levels were assessed by asking individuals to rank their motivation for exertion or participation in sports activities on a five-point scale. Furthermore, the participants were inquired about the frequency of their

engagement in exercise or sports activities and were asked to identify the specific types of workouts and sports they prefer to perform more than once a week.

Data Collection Procedure

The researcher utilized easy sampling as the methodology for this investigation. Convenient sampling is a non-probability technique in which the researcher selects participants based on their accessibility and availability. It is frequently employed when identifying or accessing the complete target group becomes difficult. The data was collected from the kids of Bahawalpur's schools. The participants were guaranteed confidentiality of their responses and retained the right to withdraw from the analysis at any time they chose. Moreover, they were notified that they would receive access to the study's results.

Results

The gathered data was structured into a matrix and analyzed utilizing the Statistical Package for Social Sciences (SPSS, Version 24) and Microsoft Excel (2013 Edition). The data are presented utilizing descriptive statistics (frequency, percentage, mean, and standard deviation) and inferential statistics (including linear regression and t-tests). The outcome provides demographic data of the sample group, encompassing gender, and employs descriptive statistics to delineate respondents' understanding of health-related fitness concerning physical activity among school pupils. Various statistical methods were employed, including linear regression to assess the influence of health-related fitness awareness on physical activity, and t-tests to analyze the gender-based differences in the impact of health-related fitness awareness on physical activity.

The table indicates that the sample comprises 65.6% male students and 34.4% female students.

Tabel 1 Gender (n=180)

		f	*%*	*Mean*	*Std.D*
Gender	Boys	118	65.6	1.35	47
	Girls	**62**	**34.4**		

Physical Activity of School Students

The table displays the frequency distribution of student participation in sporting activities per week. A majority of students (39.4%) indicated daily participation in athletic activities, followed by 27.2% who engaged 5-6 times per week, and 16.1% who participated 3-4 times per week. The average score for this statement was 2.23, suggesting that students, on average, engaged in sports activities nearly every day of the week. This indicates that physical activity is a significant component of their daily regimen, perhaps yielding beneficial impacts on their health and well-being.

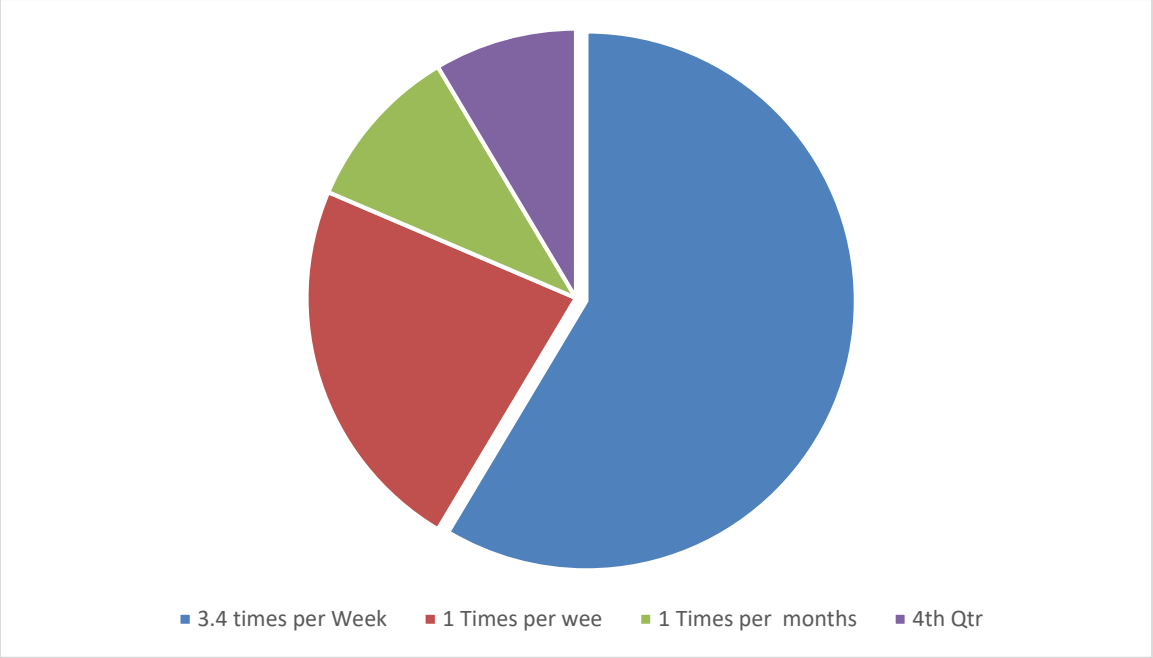
Table 2 On a weekly basis, how Frequently do yoy engage in physical or sports activities (n-180)

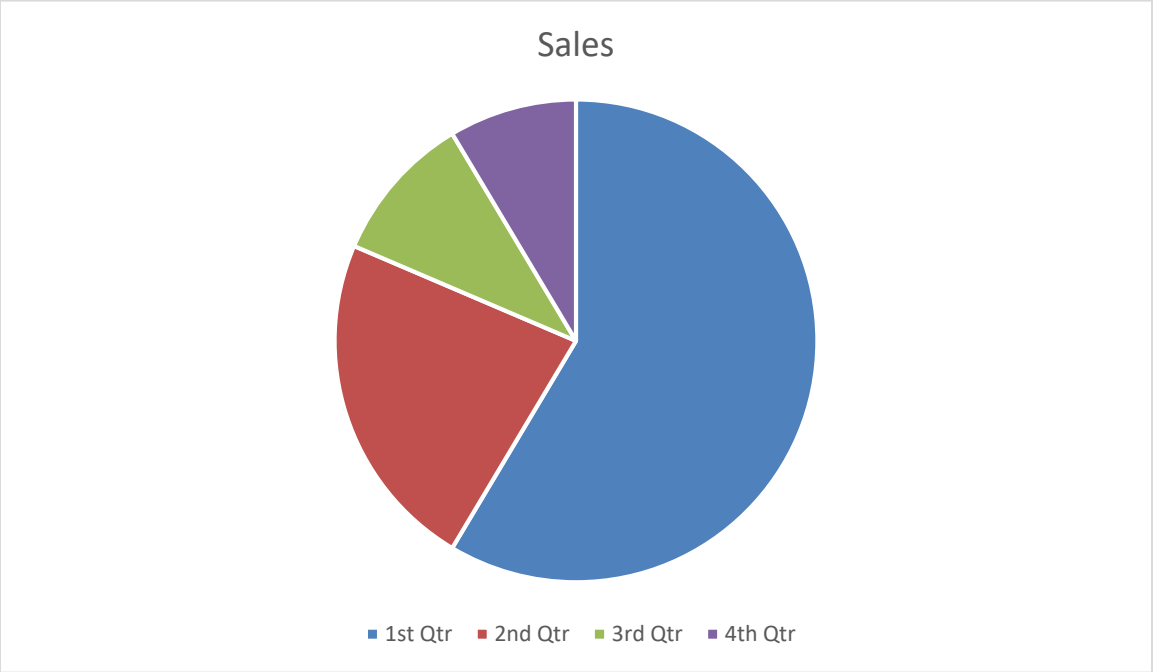
Everyday	*f*	*%*
5-6 times per week	**71**	39.4
3-4 time per week	49	27.2

2 time per week	29	16.1
1 time per week	17	9.4
2-3 times per month	05	4.4

The qualitative research indicates that engagement in sports activities is a common aspect of the routine for most school kids. The elevated percentages of students indicating daily engagement and 5-6 times per week reflect a robust commitment to physical activity. The average score of 2.23 corroborates the notion that students participate in sports activities nearly every day. This consistent participation in physical activity is expected to have beneficial outcomes for their health and well-being.

Figure 1 Time Division of Participating in Sports Activity





The chart delineates the factors contributing to the non-participation of school kids in sports activities. The results indicate that the predominant cause for non-participation in sports activities is physical weakness or insufficient fitness (36.1%), succeeded by commitments to part-time academia (23.9%) and school obligations (15.6%). Additional factors for non-participation in sports activities encompass a deficiency in confidence about physical strength (4.4%), suboptimal health circumstances (1.7%), and a lack of perceived necessity (0.6%). Furthermore, 16.7% of students indicated that they lack friends to engage in sports activities with. The average score for this statement was 3.48, suggesting that students who do not engage in sports activities possess comparatively high scores on these reasons.

Table 4 If you do not engage in physical exercise or sports activities during the week, what is the reason for your inactivity? (n=180

Troublesome	*f*	*%*

weakness to continue	02	1.1
busy part-time academy	65	36.1
Busy school	43	23.9

no confidence in physical strength	28	15.6
poor health condition	08	4.4
do not feel the need	03	1.7
no friends doing it together	01	0.6

The above table shows that the 1.1% troublesome,36.1% weakness to continue, 23.9% busy part time academy, 15.6% busy school, 4.4% no confidence in physical strength, 1.7% poor health conditions, 0.6% do not feel the need and 16.7 percent no friends doing it together. Finding shows that the majority of school students do not participate in sorts due to weakness and health issues. The mean score of this statement was 3.48.

The findings demonstrate a robust and favorable association between health-related fitness knowledge and physical activity among school pupils. The correlation coefficient (r = .47**) indicates a highly significant association between the two variables. This indicates that as students' understanding of health-related fitness rises, their level of physical activity also tends to rise. Students with more awareness of the advantages of health-related fitness are more inclined to participate in physical activities.

Table 5 Inter-Correlation between health-related fitness awareness and PA (n=180)

Variables	M	SD	Health Related fitness PA (n-180)
Health related fitness	8.54	1.76	
P A	18.9	5.88	

****p <.01**

The results of the linear regression indicate that physical activity among school kids is a significant predictor, accounting for 22% of the variance in health-related fitness awareness. Results indicated that awareness of health-related fitness was a strong positive predictor of physical activity, accounting for 22% of the variance among school pupils.

Discussion

The present analysis is to examine the influence of awareness on strength-related wellbeing on the physical activity levels of students in Bahawalpur province, Punjab, Pakistan. This research constitutes the first effort to investigate the correlation between strength-associated well-being, well-being awareness, and physical activity among school kids. Physical activity is deemed essential for the welfare of Pakistani students. Concerning their current health status, the majority of school children indicated feeling either moderately or very healthy. A previous survey among Japanese school students revealed that 74.2% of those in humanities classes and 82.5% in medical courses assessed their subjective health status as healthy (Tamura, Shimura, & Inoue, 2021). Saranya et al. (2016) indicate that Japanese undergraduate rehabilitation students are judged to

lack enthusiasm for physical activity. In this study, numerous rehabilitation students indicated that they were “very much” or “moderately much” motivated to exercise and regarded it as vital. Conversely, just 44.9% of the participants in this study engaged in physical activity at least once weekly, and merely 12.7% participated in physical activity a minimum of three times each week. The study demonstrated that the program enhanced physical activity metrics on both school days and weekends. Carlin, Murphy, and Gallagher (2016) did a meta-analysis of 12 studies to examine the effect of programs on walking activity among schoolchildren and adolescents. The findings indicated that nine of the studies had a beneficial impact on enhancing the walking frequency among participants. The study emphasized the significance of goal familiarization, organization, interpretation, analysis, social support, and repetition in enhancing walking activity**.** The investigation revealed a substantial and positive association between well-being, well-being awareness, and physical activity among school pupils. The results indicated a highly substantial, robust, and positive correlation between well-being awareness and physical activity (r=.47**, p<.01). The findings indicate that students possessing a heightened knowledge of health-related fitness are more inclined to participate in physical activities. Nazeer (2016) conducted a study to examine the influence of wellbeing comprehension on effort and physical fitness.

The results further indicated that health-related fitness awareness was a confirmed significant and positive predictor of PA, contributing to 22% of the variance among school students. Based on the results, it can be concluded that all students needed better fitness awareness. Additionally, the increasing use of technology contributed to reduced PA measures. Consequently, the critical factors of health, mobility, and PA may be severely limited, and students may have poor

cardiovascular fitness. Limited PA options in small apartment buildings can also exacerbate the problem

Conclusion

n conclusion, this analysis found a constructive correlation between health-related fitness awareness and PA among school students aged between 13-16 years. The study suggests that promoting health-related fitness awareness may increase PA levels among school students. These findings have important implications for schools and policymakers who aim to enhance the haleness and fitness of young people. The result suggests that most school students have a positive attitude towards exercise and sports activities. In light of these results, it is recommended that programs developed to promote PA and prevent portliness in adolescents should be included in the national educational curriculum. Additionally, this study used a convenience sample rather than a random sample, which could have introduced bias into the study. Lastly, this analysis possessed a cross-sectional scheme, which may limit the ability to establish causal relationships between variables. The sample size of the current study enabled the results to be generalized to the broader population.

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