

THE STUDY OF WELLNESS DIMENSIONS OF FITNESS ENTHUSIASTS IN THE AGE GROUP OF 30 TO 40 YEARS IN PUNE CITY

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Abstract

In the present research, the Wellness dimension of fitness enthusiasts in the age group of 30 to 40 years in the Pune city have been studied. The population for the study were males and females who practiced different types of physical exercise like yoga, walking, cycling, running, swimming, dancing, cross fit, gym etc. From this, the researcher selected samples through purposive sampling method and collected data through questionnaire using Google forms (Online Mode). Further conclusions and results were drawn using this statistical tool of frequency to analyse the collected data. The fitness enthusiasts in Pune city shows major trend in running and yoga, practicing 4 times in a week, consuming balanced diet and also takes necessary precautions to avoid diseases. It has been observed that maximum among them consume Tea and Caffeine regularly, also they take safeguard tools casually, which can increase their chance of physical injury.

Keywords: Fitness Enthusiasts, Physical Wellness, Exercise.

Introduction

Health, as defined by the World Health Organization (WHO), is "a state of complete physical, mental and social well-being. And not just the absence of disease or infirmity" Health can also be defined as the ability to accept and manage lifelong physical, mental and social challenges. (https://en.m.wikipedia.org/wiki/World_Health_Organization 2020)

Wellness is a broad concept of health. It is largely defined by the decisions you make on how you live your life. These people in spite of serious illness or disability, go beyond their physical or mental limitations reducing their risk and try to live a rich, meaningful and worthy life. Some risk factors on health determined by your genes, age and other factors may be out of your control. Hence, to achieve optimum physical wellness, one needs to make choices that help to avoid illnesses and injuries. The decisions you make now and the habits you develop over your lifetime will largely determine the length and quality of your life.(Fit & Well). In the study of Backmand H. suggests that an increase in physical exercise supports physical daily functionality. A specific history of sports participation has been found to promote psychological well-being at an older age. (Backmand, H.2006). Barwais's study found many participants who meet the physical activity guidelines, in this sample, sit for longer periods of time than the median Australian sitting time. An understanding of the effects of the enhanced PA and reduced sitting time on total wellness can add to the development of public health initiatives.(Barwais, F. A. 2014). Jadon P. has conducted a comparative study of health-related lifestyles in different Indian occupations in the context of emotional well-being assessment. It states that there is a significant difference in the emotional well-being assessment of different professionals. (Jadon P. 2017).

Physical fitness takes proper care of overall physical efficiency. Overall physical wellness encourages you to balance your physical activity, nutrition and mental well-being. Physical wellness

is more than just exercise or nutrition. This includes physical fitness, daily exercise, proper balanced diet, proper body weight as required, adequate sleep and sexual intercourse. Emotional wellness refers to a person's emotions, and his/her control over them and the current stability of his/her emotions. In intellectual or mental wellness, a person who applies what he has learned, trying to acquire knowledge by providing himself with new opportunities will have good mental wellness. Social wellness involves a positive image of oneself, of being confident in society, of behaving kindly, and of establishing friendly relations. In social well-being, one needs to be interested in people and the environment in which one understands, not just thinking of oneself. Participating in various things going on in the society, having good conversations and exchanging ideas are examples of social wellness. In order to be happy with environmental wellness, everyone needs to be environmentally friendly and develop it. Occupationally good people in professional medicine achieve their goals by using new concepts in their work to develop their skills (Fit & Well). The basic attribute of spiritual wellness is the understanding of the direction of life, relationships for a higher standard of living (Werner W. K. and Sharon A. 2006).

Background of study

In India, Pune City consist of highest number of fitness enthusiasts, hence researcher selected group of individuals from Pune City for its study. Physical wellness is not just about being physically fit, it is a balance of physical fitness, proper nutrition and mental wellbeing.

Thus after investigating, this can help the researcher to check the status of fitness enthusiast's physical wellness on various types of exercises.

Objective of study

Study the status of physical wellness dimension of fitness enthusiasts in the age group of 30 to 40 in Pune city.

Research Method

The researcher has used a descriptive research method for the study of conducting survey of physical wellness. The research population consisted of male and females in the age group of 30 to 40 years in Pune city doing different types of exercise. Research samples are selected by purposive sampling method. Research data was collected online through Google Forms using a questionnaire. Frequency is the statistical tool used to analyse aggregated data.

Data Analysis

Total 36 people from population consisted of male and females in the age group of 30 to 40 years in Pune city have responded to the questionnaire and frequency is the statistical tool used to analyse aggregated data and inserted statistical charts and pie diagrams.

Results

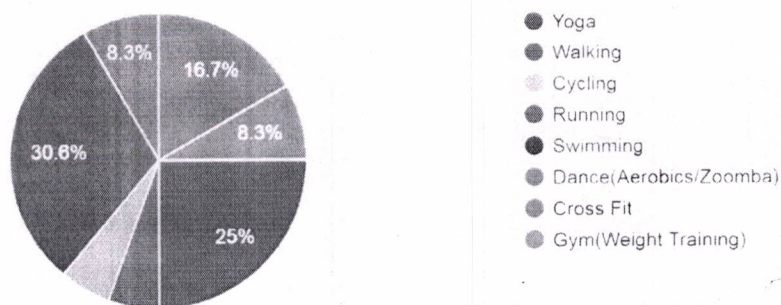


Fig.1: Frequency of physical activity practiced by the subjects.

When subjects were asked question "Which type of activity do you practice regularly?" Out of 36 subjects: 11 subjects practice running, 9 subjects practice Yoga, 6 subjects practice CrossFit, subjects practice Dance, 3 subjects practice Gym, 2 subjects practice Cycling and 2 subjects practice Walking. It is interpreted that, in trends of exercise, running and yoga is most among fitness enthusiasts in Pune City.

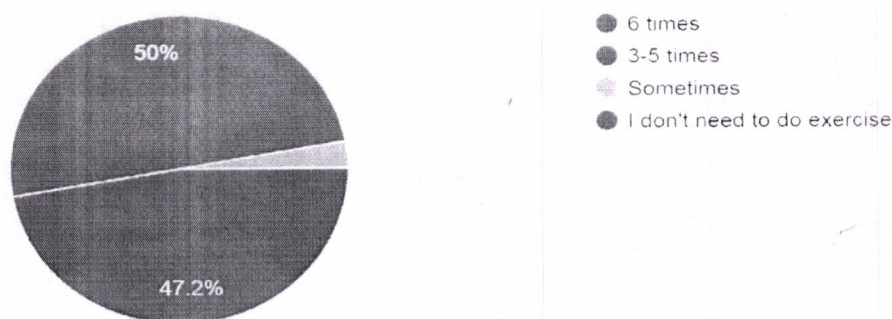


Fig.2: Frequency of time spent by the subject for exercise in a week

When subjects were asked question "In a week, how often do I spend time on exercise for my health?" Out of 36 subjects: 18 subjects are spending their time 3-4 times in a week for exercise, 17 subjects are spending their time 6 times in a week for exercise, and 1 subject spends their time sometime in a week for exercise.

It is interpreted that maximum number of fitness enthusiasts in Pune City spends 4 times a week for exercise.

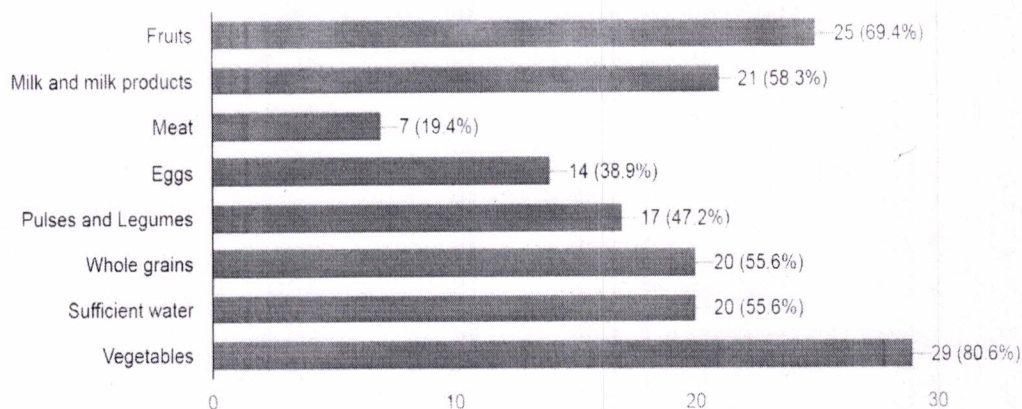


Fig.3: Different food items included in subject's regular diet.

When subjects were asked question “does my regular diet include?” Out of 36 subjects: 29 subjects include Vegetables in their diet, 25 subjects include fruits in their diet, 21 subjects include milk and milk products in their diet, 20 subjects include whole grain and sufficient water in their diet, 17 subjects include pulses and Legumes in their diet, 14 subjects include eggs in their diet, 7 subjects include meat in their diet.

It is interpreted that fitness enthusiasts in Pune city consume well balanced and vegetarian diet.

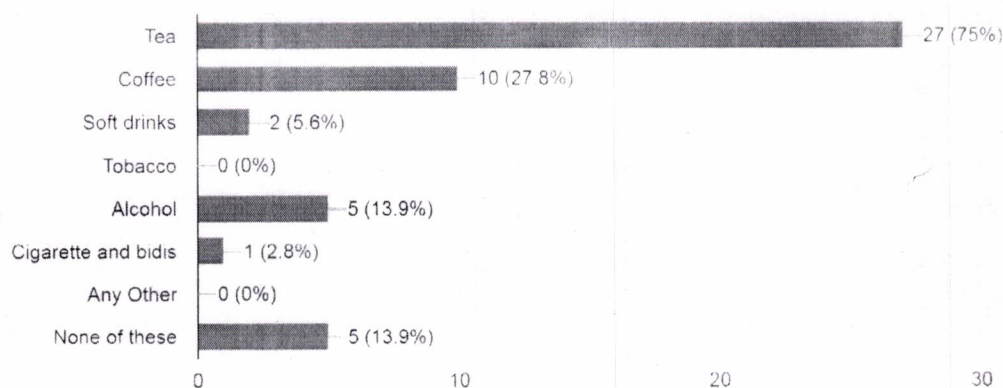


Fig.4: Consumption of addictions other than regular diet by the subject

When subjects were asked question “I consume ____” Out of 36 subjects: 27 subjects are consuming Tea, 10 subjects are consuming Coffee, 5 subjects are consuming Alcohol, 2 subjects are consuming Soft drinks, and 1 subject is consuming cigarette and bidis, no one consumes Tobacco and other things. 5 subjects don’t consume anything from the given list.

It is interpreted that, majority of fitness enthusiasts from Pune city, consume tea and they are addicted to caffeine.

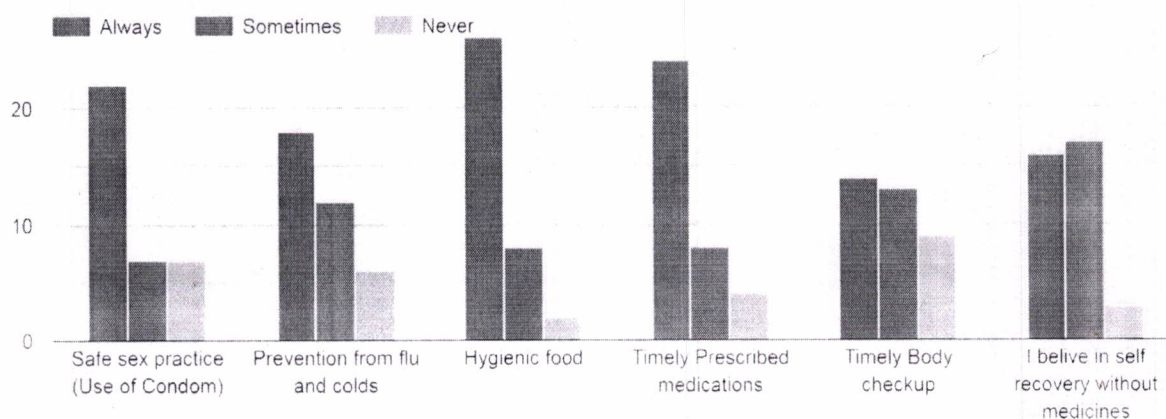


Fig 5: Frequency of different precaution taken by subjects to avoid disease.

When subjects were asked question “following precautions I taken to avoid any diseases Out of 36 subjects: 22 subjects always have safe sex, 7 subjects sometimes have safe sex, 7 subjects never have safe sex, 18 subjects always take precautions for flu and cold, 12 subjects sometimes take precautions for flu and cold, 6 subjects never take precautions for flu and cold. 26 subjects having hygienic food, 8 subjects sometimes having hygienic food and 2 subjects never having hygienic food. 24 subjects always consume timely prescribed medications, 8 subjects sometimes consume timely prescribed medications, and 4 subjects never consume timely prescribed medications. 14 subjects always have timely body check-up, 13 subjects sometimes have timely body check-up, and 9 subjects never have timely body check-up. 16 subjects always believe in self-recovery without medicines, 17 subjects sometimes believe in self-recovery without medicines, 3 subjects never believe

in self-recovery without medicines.

It is interpreted that, fitness enthusiasts in Pune city, take precautions to avoid diseases and lives a healthy life.

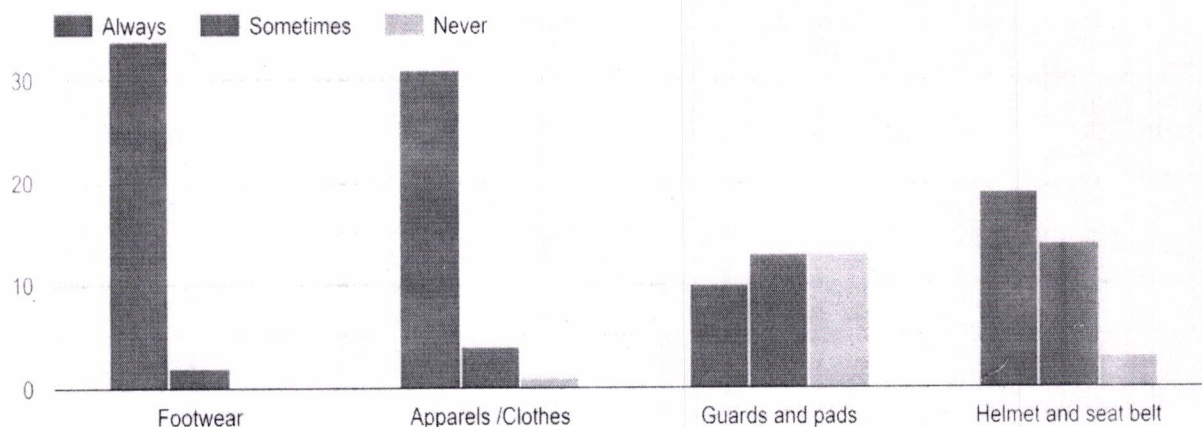


Fig 6: Frequency of different precautions taken by subject to avoid injuries.

When subjects were asked question “Following are tools that I use appropriately in daily life to avoid physical injuries?” Out of 36 subjects: 34 subjects always use appropriate footwear, 2 subjects sometimes use appropriate footwear. 31 subjects always use appropriate clothes, 4 subjects sometimes use appropriate clothes, and 1 subject never uses appropriate clothes. 10 subjects always use guards and pads, 13 subjects sometimes use guards and pads, 13 subjects never use guards and pads. 19 subjects always use helmet and belt, 14 subjects sometimes use helmet and belt, and 3 subjects never use helmet and belt.

It is interpreted that, fitness enthusiasts from Pune city, takes safeguard measures casually, and hence increase their chances of serious injuries.

Discussions

The study will provide information about the physical health of people involved in various forms of exercise in the city of Pune, as well as examine not only physical fitness but also proper diet, hygiene and care to control various diseases that might bring changes in their lifestyle and opportunity to improve quality of their life. Also to avoid physical injuries in their everyday life activities, awareness about use of safeguards like comfortable outfit, guards and pads in their regular activities, use of Helmet and seat belts while riding, have been investigated.

Conclusions

- The fitness enthusiasts in Pune city shows major trend in running and yoga. They spend 4 times a week for exercise to maintain physical health. With this, they consume a well- balanced and vegetarian diet. Also they are aware of necessary precautions and follow it to avoid any diseases.
- It has been observed that majority of fitness enthusiasts consume Tea and are Caffeine addictive. Also it's seen that they take safeguard tools casually, which can increase their chance of physical injury.

Recommendations

- Scope for further research can be the study of other individual wellness dimensions.
- Also individual wellness dimensions can be studied on different groups of the population like school students and corporate people.

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