

Effect of Physical Activity Programme on Overweight Teenagers at School

Mr. Chandrakant A. Naik

Director .of Phy. Edu. & Sports,
Shri Pancham Khemraj Mahavidyala, Sawantwadi

Abstract

To study the effect of physical activity programme on obsessed school going teenager boys. (age groups 13 year to 16 year) at school going boys. By the random sample technique researcher selected 25 boys from Mother Queenshigh school, Sawantwadi. Dist. Sindhudurg. The research scholar used the pre test- post test design & conducted 8 week physical activity programme. For the collection of data cardiovascular efficiency, flexibility, Strength as well as abdominal muscle endurance was measured by standard physical fitness test & evaluated the performance between pre-test & post-test. To determine the effect of physical activity programme paired sample 't' test was used.

Despite the many benefits of healthy physical life style, level of physical activity has declined in recent years. Children do not pay attention towards their diet and physical activity, children can obtain even better health benefit by having proper physical activity, diet, lifestyle and healthy habit. The objective of the study to measure the selected health related physical fitness factors, to prepare physical activity programme & to evaluate the effect of physical activity programme on obese student. It is observed that the Physical fitness activity was useful to improve the cardio vascular endurance, flexibility, strength and endurance of abdominal muscle of the obese children.

Keyword: Physical activity programme, obesity, obese children.

Introduction

Adolescence is the period of growth during which there is a transition from childhood to maturity. In this period important physical and mental changes occur. The physiological and psychological changes causing discomforts and affecting the daily routine and physical and academic performance.

Physical activity and physical fitness have been linked to health and longevity since ancient times. Endurance is the most significant segment of fitness according to the aspect of health preservation. Adolescents should develop health more than any other skill.

Other than physical activity children can obtain even better health benefit by having proper physical activity, diet, lifestyle and healthy habit. Now a day's boys suffer from many common and severe ailments due to lack of exercise, healthy and nutritious food and hygiene. The today's school going boys are very much busy with their hectic schedules, the "present professional world has drowned them neck – deep within the stressful conditions of the physical activity is especially important in the development of a positive self-concept and contributes to general health. Despite the many benefits of healthy physical life style, level of physical activity has declined in recent years. Children do not pay attention towards their diet and

physical activity, children can obtain even better health benefit by having proper physical activity, diet, lifestyle and healthy habit. The objective of the study to measure the selected health related physical fitness factors, to prepare physical activity programme & to evaluate the effect of physical activity programme on obese student. It is observed that the Physical fitness activity was useful to improve the cardio vascular endurance, flexibility, strength and endurance of abdominal muscle of the obese children.

Obesity have more impact on various physiological systems which are essential life. They are off late lacking energy, vitality of mind and fun. W.H.O defined health as not merely an absence of disease or deformity. But a positive state of wellbeing, physically, mentally and socially. Many of our ailments affect one of these three aspects for our health. It is seen in all strata of the society. It is affecting younger people, even school going children the incidence of obesity is rising. Aerobic endurance is the most significant segment of fitness according to the aspect of health preservation. Adolescents should develop aerobic endurance more than any other skill.

Sample

Population- The researcher selected the population of male students of Mother Queens High

School, Sawantwadi Dist.Sawantwadi.of age group 13 to 16 years from 360 students.

Sampling- the sample of the present study comprises of 25 boys. The students were selected from class,8th,9th and 10th standards..Total 46 boys were in obese category out of which 25 boys were selected using stratified randomized sampling technique.

Research Method

The present research has been under taken the study of effect of physical activity on obese children.This is experimental method under descriptive research. The experimental has been planned in three phase:

This study consisted of an experimental design in which researcher has used a pretest-training programme-post-test with the help of this design, the effect of the treatment was judge by evaluating the training programme yoga group and Aerobic exercise group.

- Phase I: Pretest.
- PhaseII: Treatment (Physical activity programme)
- PhaseIII: Post-test.

The one group, pretest-post test design was used for the experimental study.The researcher has chosen the subject according to the stratified random sampling.Forthat the pre test and post-test 8 week programme was given to the subject and after 8 week post test was taken.

Training Method

Measurement of Obesity- BMI (Body mass index) children - These selected subject of experimental group representing school population were undergoing the training of respective Exercise schedule '60 to 80 minutes of the session per week . The test item was conducted as the standard physical fitness test.

Data Collection

Following test was used for the data collection.

Body composition data

- 1) BMI (Height cm,weight kg,fat %)

Physical fitness test data

- 1)12 min run and walk test.
- 2) Sit and Reach test.
- 3) Bent knee Sit ups.
- 4) Push up test

Statistical Analysis

Mean, standard deviation and paired sample t test were adopted for statistical analysis of data.Statistical package for social sciences (SPSS) was used.

Table no. 1. Mean and standard deviation of weight pre and post test experimental group
T test (Weight) Paired Sample Statistics

Paired sample Statistics		kg.
Pair	Pre test weight	60.35 +7.5
1	Post test weight	57.65+7.1

Table. 2 t value and Difference of mean, S.D. paired sample test

Paired differences					
Mean	Std. Deviation	t	df	Sig (2 tailed)	
Pair1 Weight 1	2.7	1.78001	6.784	19	0.05
Weight 2					

Table no 3.Mean and standard deviation of BMI pre and post test Experimental group t test Paired samples statistics.

Kg.	
Pair 1 BMI1	27.0365+2.12 kg
BMI2	25.803+2.02 kg

Table.4: t value and Difference of mean, S.D. paired sample test

	Mean	Standard Deviation	t	df	Sig(2tailed)
Pair 1 BMI1 BMI2	7.0365	2.1209	.78402	19	0.05

Table no. 5. Mean and standard deviation of fat % pre and post test experimental group

Kg.	
Pair FAT %1	31.73= 2.02 kg.
FAT %2	31.005+2.17 kg

Table no. 6. ‘T’ value and difference of mean,S.D.
Paired Sample Test

Paired Sample Test Paired differences					
Pair	Mean	Standard Deviation	t	Df	Sig(2tailed)
1 BMI	0.725	1.01871	3.183	19	0.05
2 BMI					

Table no. 11. Mean and standard deviation of sit & Reach pre and post test Experimental group t- Test
Paired Sample Statistics

Pair 1	Kg.
Sit & Reach 1	14.805+0.38kg
Sit & Reach 2	15.245+2.37 kg

Table no. 7. Mean and standard deviation of sit ups pre and post test experimental group
T-Test Paired Sample Statistics

Pair 1	Kg.
Sit up1	17.85+2.9 kg.
Sit up2	19.65+2.9kg

Table.12: t value and Difference of mean, S.D.
Paired sample test

Paired differences					
Mean	Standard Deviation	t	Df	Sig (2tailed)	
Sit & Reach1	-0.4400	0.25005	-7.869	19	0.05
Sit & Reach2					

Table no. 8. ‘T’ value and difference of mean,S.D.
Paired Sample Test

Paired Sample Test Paired differences					
Pair	Mean	Standard Deviation	t	df	Sig (2tailed)
1 Sit up1	-1.8	1.28145	-6.282	19	0.05
2 Sit up2					

Table no. 13. Mean and standard deviation of Run&Walk Pre and Post testExperimental group- Test Paired Samples Statistics

Pair 1	Kg.
Run & Walk 1	1107.5+73.04 kg.
Run & Walk 2	1232.5+74.82 kg

Table no. 9. Mean and standard deviation of push-ups pre and post test experimental group
t -Test Paired Sample Statistics

Pair 1	Kg.
Push up1	13.7+2.86 kg.
Push up2	15.75+2.5kg

Table.14 : t value and Difference of mean ,S.D.
Paired samples test

Paired differences					
Mean	S. D.	t	df	Sig (2tailed)	
Pair1 Run1 Run2	-125.000	8.04430	-14.694	19	0.05

Table10: t value and Difference of mean,S.D.
Paired sample test

Paired differences					
Mean	Standard Deviation	t	df	Sig(2tailed)	
air1 Push up1 push up2	-2.05	.88704	-10.335	19	0.05

Conclusions

It is observed that there is significant difference in health related physical fitness factors.

- There is significant difference in weight reduced
- There is significant difference in BMI Reduced.
- There is significant difference in Fat Reduced.

More over because of the training physical fitness components was increased

- 1) Cardiovascular Endurance Increased
- 2) Flexibility Increased
- 3) Muscular endurance Increased
- 4) Strength Increased

*It is observed that the Physical fitness activity was useful to improve the cardio vascular endurance, flexibility, strength and endurance of abdominal muscle.

References

1. **Phillips, Horne,(1979).**Measurement and evaluation in physical education.Canada; published by John Wiley & Sons, Inc.
2. **Department of health and human services ,(1996),**physical activity and health.atlanta: A report of surgeon general.ga;DHHS.
3. **J.w.best and J.v.kahn,(1999).**Research in education (10th edition)New delhi;Prentice hall of india.
4. **B.Dwyer, and e.davis,(2005).**ACSM's Health related physical fitness assessment manual .Sydney.
5. **Took Wan-Soon Ewha woman's University,(2009)** Physical activity and Fitness in prepubertal children.

