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# Study of Physical Activity Level of Junior College Girls in Pune City

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## ABSTRACT

*The main purpose of this study to investigates the physical activity levels of junior college girls in Pune City, aiming to understand their Physical Activity Level. A quantitative survey was conducted among 80 junior college girls, focusing on their daily activities, exercise and sports participation, leisure activities, screen time, energy levels and related behaviours. However, many girls reported feeling energetic and having enough stamina for physical activities. Overall, the results suggest that the junior college girls in this study prioritize academics and maintain a moderately active lifestyle, despite engaging in sedentary behaviours during their free time. The research outcomes highlight the importance of encouraging junior college girls to remain active in sports and exercise. While academic pursuits are crucial, maintaining physical health and well-being through regular physical activity can contribute positively to overall health outcomes, including improved energy levels and enhanced concentration during study sessions. The analysis of survey responses revealed insights into the participants' physical activity patterns, study habits, and overall well-being. .*

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**Keywords :** Physical activity level, daily activities, leisure activities, lifestyle habits, junior college girls, Pune City

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## Introduction

Adolescence, particularly the age group of 16 to 18 years, marks a critical phase in an individual's life, encompassing significant physical, emotional, and intellectual developments. This phase is crucial for young women as they navigate through transitions and challenges unique to their gender. Lifestyle habits, physical activity are integral aspects that significantly impact the holistic well-being and academic performance of junior college girls in Pune City.

The contemporary era is marked by rapid digital advancements, sedentary lifestyles, and academic pressures, posing challenges for adolescents in maintaining a balanced and healthy way of life. This challenge is particularly pronounced among young women aged 16-18 years, who are at a crucial juncture of physical, psychological, and emotional growth.

The World Health Organization emphasizes the importance of regular physical activity for adolescents, recommending moderate-to-vigorous activities for at least 60 minutes daily, alongside muscle-strengthening exercises and high-intensity aerobic activities at least thrice a week. However, studies indicate that adolescent girls often fall short of these activity guidelines, which can have detrimental effects on their physical health, emotional well-being, and academic performance.

Understanding the multifaceted relationship between lifestyle habits, activity time among junior college girls in Pune City is paramount. This analytical study aims to delve into these interconnected aspects without the intervention of a specialized physical education program. Instead, quantitative surveys will be employed to gather data and insights into the following key areas:

- **Lifestyle Habits** : his study will examine the daily routines of junior college girls, focusing on diet patterns, sleep schedules, and leisure activities. The aim is to evaluate whether these habits align with recommended health guidelines and identify areas for improvement to enhance overall well-being.
- **Activity Time** : Quantitative surveys will assess the amount of time junior college girls spend on physical activities daily. This data will be analyzed to understand activity patterns, preferences, and potential barriers to engaging in regular exercise.
- **Academic performance** : Academic performance and study-related behaviours will be a focal point of this research. By gathering data on study hours, concentration levels, time management skills, and academic achievements, the study aims to explore the relationship between physical activity, lifestyle habits, and academic focus among junior college girls.

The research will utilize statistical analysis techniques to interpret survey data, providing insights into the current state of activity time among junior college girls in Pune City. The purpose of the study is to contribute valuable information for developing targeted interventions and strategies to promote a healthier lifestyle and enhance academic performance among this demographic.

## Methodology of Research:

The study employed a quantitative survey approach to gather data from 80 junior college girls in Pune City. The survey focused on various aspects including daily activities, exercise and sports participation, leisure activities, screen time, energy levels and related behaviours. The participants were all female students between the ages of 16 and 18 years. The study utilized a method of simple random sampling to ensure a representative sample of junior college girls in Pune City. The sampling process involved randomly selecting participants from various junior colleges in the city. Data collection was conducted through a structured survey questionnaire designed specifically for this study, focusing on physical activity levels. The questionnaire included multiple-choice questions to gather information on daily activities, exercise and sports participation, leisure activities, and overall. The researchers distributed the survey electronically and collected responses over a specified period. Data analysis involved statistical techniques such as frequency analysis and percentage calculation to interpret the survey data and draw conclusions about the physical activity levels of junior college girls in Pune City.

## Analysis and Interpretation of Data

The analysis and interpretation of the data provide valuable insights into the physical activity level of junior college girls in Pune City. In present study data was collected through questionnaire in which girl's participation in daily activities, participation of girls in Exercise and Sports and how girls feel about their energy levels and stamina for physical activities is there which is interpreted as per given table 1,2 and 3 respectively.

**Table No. 1 :** Overall Analysis of Frequency and percentage of girl's participation in daily activities.

Criterion	Score	Frequency	Percentage
<b>Sedentary</b>	9 and below	4	5%
<b>Low Active</b>	10 to 12	12	15%
<b>Average</b>	13 to 15	39	43.75%
<b>Active</b>	15 to 17	21	26.25%
<b>Very Active</b>	17 and above	8	10%

Above table shows that most of the girls 43.75%(n=39) all into the average category. This is followed by those in the active category 26.25% (n=21 ). Significantly fewer

girls are classified as sedentary 5% (n=04) or low active 15% (n=12). The very active category accounts for 10% of the girls.

Overall, the table suggests that the girls participating in this study are average. This suggests that a significant portion of the population does not engage in daily activities regularly.

**Table No. 2 :** Overall Analysis of Frequency and percentage of participation of girls in Exercise and Sports

Criterion	Score	Frequency	Percentage
<b>Never</b>	7 and below	6	7.5%
<b>Rarely</b>	8 to 10	8	10%
<b>Sometimes</b>	11 to 14	19	23.75%
<b>Often</b>	15 to 18	41	51.25%
<b>Always</b>	19 and above	6	7.5%

Above table shows the frequency and percentage of girls participating in exercise and sports. The data shows that nearly half 51.25% (n=41) of the girls participate in exercise and sports often. An additional 7.5% (n=6) participate always. This suggests that a large majority of the girls in the study participate in exercise and sports regularly.

Overall, the table suggests that the girls participating in this study are active in exercise and sports. Almost 58.75% of the girls participate often or always. But 6.56% of the girls never participate in exercise and sports, which is not good. This suggests that a significant portion of the population does not engage in Exercise & Sports regularly.

**Table No. 3 :** Overall Analysis of Frequency and percentage of participation of girls in Leisure Activities

Criterion	Frequency	Percentage
<b>Never</b>	0	0%
<b>Rarely</b>	7	8.8%
<b>Sometimes</b>	17	21.3%
<b>Often</b>	38	47.5%
<b>Always</b>	18	22.5%

Above table shows how people feel about their energy levels and stamina for physical activities. the largest percentage 47.5% (n=38) of respondents said they feel energetic and have enough stamina to participate in physical activities often. Another 22.5% said they feel this way always. On the other hand, a combined 30.1 % of respondents indicated that they rarely 8.8% (n=7) or 21.3 % (n= 17) sometimes feel energetic enough for physical activities.

Overall, this suggests that nearly 70% of the people surveyed consider themselves to be energetic and capable of regular physical activity

## Discussion:

The findings indicate a positive trend in physical activity levels among junior college girls in Pune City. Our study aligns with previous findings regarding the frequency of exercise and sports participation, with a significant majority participating regularly. However, our study also reveals areas of concern, such as a notable percentage of girls spending most of their free time in sedentary activities, which is consistent with broader trends indicating increased sedentary behaviour among youth, which could impact their overall well-being. Strategies to promote more active lifestyles and enhance should be considered.

## Similarities:

- **Moderate Activity Levels :** The Pune study aligns with findings from other research suggesting that adolescent girls tend to fall short of recommended physical activity guidelines. While nearly 59% reported frequent exercise and sports participation, a significant portion remained inactive.
- **Energy Levels and Activity :** Like other studies, a large percentage (70%) of girls in Pune reported feeling energetic and having sufficient stamina for physical activity. This suggests a potential disconnect between perceived ability and actual activity levels.

## Differences:

- **Focus on Daily Activities :** This study uniquely examines girls' daily routines, providing a broader picture of their lifestyle habits beyond structured exercise.
- **Gaps and Areas for Further Research:**
- **Academic Pressure :** The study doesn't directly assess how academic pressure impacts activity levels. Future research could explore this link to understand the challenges girls face in prioritizing physical activity.

- **Socioeconomic Factors** : The study doesn't explore socioeconomic factors that might influence activity patterns. Future research could examine how access to sports facilities or cultural attitudes towards physical activity differ across socioeconomic groups.
- **Qualitative Data** : While the survey provides quantitative data, qualitative research methods like interviews or focus groups could provide deeper insights into girls' motivations and barriers regarding physical activity.

Overall, the Pune study adds to the understanding of physical activity levels among adolescent girls. By highlighting the prevalence of moderate activity levels and the disconnect between perceived ability and actual behavior, it emphasizes the need for interventions that promote physical activity alongside academics. Future research can delve deeper into the social, economic, and academic factors influencing these girls' activity patterns.

## Conclusion

The study found that junior college girls in Pune City maintain a moderately active lifestyle. While many reported participating in exercise and sports and having sufficient energy for physical activities, a significant portion also engaged in sedentary behaviors and did not participate in regular exercise. The research highlights the need for promoting physical activity among this demographic to improve overall health and well-being. In conclusion, this study highlights the importance of promoting physical activity and healthy lifestyle habits among junior college girls in Pune City.

## Recommendations

- Conduct a larger-scale study to include a more comprehensive sample of junior colleges in Pune City.
- Explore the qualitative aspects of physical activity experiences through focus groups or interviews to understand girls' motivations, challenges, and preferences.
- Investigate the role of social support systems (family, friends, peers) in encouraging physical activity among junior college girls.

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