

# A Survey Study of Various Exercise Methods Adopted by Young Fitness Enthusiasts in Pune City

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## ABSTRACT

*The present research has studied the various exercise methods adopted by young athletes in Pune city. The objectives of the research were to prepare a test to examine the various exercise methods adopted by young athletes in Pune city and to analyse the data obtained. By adopting a descriptive survey research method, the data was collected from the research population of men and women aged 30 to 40 years who exercise in different sports complexes, gyms, cycling clubs, swimming pools, yoga centres, public parks, and hills under the Pune City Municipal Corporation through a cross-sectional survey design. In the present research, a total of 764 athletes, 414 men and 350 women, aged 30 to 40 years, were selected as samples through a, non-probability sampling method using a purposive sampling method. The data was analysed using a statistical tool, percentage, to show the frequency of the response coefficients. It was found that young athletes in Pune city do exercise/physical activities according to the principles of the World Health Organization (WHO). Walking is the preferred exercise. Pranayama in Ashtanga Yoga and rhythmic exercise are being practiced by Zumba exercisers. It was found that exercisers are giving preference to daily personal exercise within the four walls of their homes.*

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**Keywords :** Pune City, Young Athletes, Exercise, Exercise Methods

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## Introduction

India has witnessed a revolution where the 'Fit-Gen' (fit generation) has embraced the path of healthy living. With an aim to spread the philosophy of 'Fitness is Life' to the youth of India, Reebok India has conducted the country's first fitness survey, revealing the A to Z and F to N of fitness. The survey was conducted in 8 major cities

of India. Out of the over 1500 participants, men (54%) and women (46%), all were in the age group of 20-35 years. They were doing at least one fitness activity every week. Among all the cities surveyed, Pune city in Maharashtra scored the highest 7.65 in the Fit Score, (which indicates how fit the people of the city are). Along with the use of modern gadgets, we also see awareness about exercise. People in the age group of 30-40 years are leading financially stable, family-oriented lives in Pune city. The researcher was asked how the people who do this exercise, including professionals, those working in the IT sector, government officials, and the youth working in the educational sector, are doing it. That is why the research problem presented in this research is to study the different exercise methods of people who do exercise in Pune city and the various exercise methods adopted by young exercisers in Pune city.

## Research Objectives

- Develop a test to examine the various exercise methods adopted by young athletes in Pune city.
- Analyse the data obtained on the various exercise methods adopted by young athletes in Pune city.

## Methodology

The present study has adopted a descriptive survey research method. Data has been collected at one time through a cross-sectional survey design.

## Population:

For the present study, the population of the research was men and women aged 30 to 40 years exercising at various sports complexes, gyms, cycling clubs, swimming pools, yoga centres, public parks, and hills under the Pune City Municipal Corporation.

## Sample:

For the present study, a total of 764 exercisers, 414 men and 350 women aged 30 to 40 years, exercising at various places under the Pune City Municipal Corporation, were selected as samples through a, non-probability sampling method using a purposive sampling method.

## Research Procedure Actual Procedure

A conditional test/test was prepared to measure the various exercise methods adopted by exercisers aged 30 to 40 years in Pune City, and the validity and reliability of the test/test were examined.

To measure the various exercise methods adopted by young athletes in Pune city, a test/test pilot study was conducted, and data was collected by visiting various sports complexes, gyms, cycling clubs, swimming pools, yoga centres under the Pune City Municipal Corporation and using paper pencil and Google Forms.

## Statistical Analysis of Research Data

In the present research, percentage has been used as a statistical tool to show the frequency of responses in the coefficients of responses to measure the various exercise methods adopted by young athletes in Pune city.

## Results and Conclusion

**Table No. 1** : Frequency and percentage of respondents who engage in physical activity according to WHO guidelines

Responses	Frequency	Percentage
Yes	755	98.80%
No	9	1.20%
	764	100%

As per Table No. 1, out of a total of 764 respondents, 755 (98.8%) respondents were doing 150 to 300 minutes of aerobic exercise/physical activity per week as per the World Health Organization (WHO) guidelines.

**Table No. 2 :** *Frequency and percentage of preferred physical activities*

<b>Physical Activities</b>	<b>Frequency</b>	<b>Percentage</b>
Yoga	102	13.40%
Walking	204	26.70%
Cycling	52	7%
Running	86	11.30%
Swimming	46	6.00%
Rhythmic exercise	42	5.50%
Gym	122	16.00%
Cross training	110	14.40%
	764	100.00%

According to Table No. 2, out of a total of 764 respondents, the following physical activities are performed by exercisers in Pune city more than 4 days a week. Among them, walking (26.7%) was the most common exercise among the respondents.

**Table No. 3 :** *Frequency and percentage of daily exercise routine*

<b>Exercise Routine</b>	<b>Frequency</b>	<b>Percentage</b>
From the coach	139	18.20%
Personal	457	59.80%
In the group	139	18.20%
Through online tools	28	3.70%
others	1	0.10%
	764	100.00%

According to Table No. 3, out of a total of 764 respondents, young exercisers in Pune city are doing physical activities in the following ways. Among them, the majority of respondents who exercise daily individually (59.8%) were found to be doing so.

**Table No. 4 :** *Frequency and percentage of limb practice in Ashtanga Yoga*

<b>Limbs of Ashtanga Yoga</b>	<b>Frequency</b>	<b>Percentage</b>
Pranayama	222	29.10%
Asana	178	23.30%
Purification ( Shuddikriya)	48	6.30%
Meditation (Dhyana)	132	17.30%
Perception (Dharana)	24	3.1 %
Pratyahara	14	1.80%
Yama/Rule	26	3.40%
For yoga competitions	8	1.00%
Not practicing yoga	398	52.10%
	764	100.00%

According to Table No. 4 the following Ashtanga Yoga practitioners in Pune city aged 30 to 40 practice Ashtanga Yoga. Among them, the respondents who practice Pranayama (29.1%) in Ashtanga Yoga are more.

**Table No. 5 :** *Frequency and percentage of types of Rhythmic exercise performed*

<b>Rhythmic exercise</b>	<b>Frequency</b>	<b>Percentage</b>
Aerobics	80	10.20%
Zumba	158	20.20%
Bollywood dance	106	13.60%
folk dance	34	4.40%
Traditional	70	9.00%
Not doing rhythmic exercises	354	45.30%
	764	100.00%

According to Table No. 5 the above types of rhythmic exercise are practiced by the exercisers in Pune city. Among them, Zumba (20.2%) is the most practiced exercise by the respondents.

**Table No. 6 :** *Frequency and percentage of places where exercise/physical activity is done*

<b>Places of Physical Activities</b>	<b>Frequency</b>	<b>Percentage</b>
Parks/roads/hills in public places	218	28.50%
Within four walls at home	219	28.70%
Within four walls-gym	216	28.30%
Private Grounds/Clubs	170	22.30%
Sports complex	112	14.70%
	764	100.00%

According to Table No. 6 young exercisers in Pune city do exercise/physical activities in the following places. Among them, the number of respondents who exercise within the four walls of their homes (28.7%) is higher.

## Conclusions

- Young athletes in Pune city were found to be doing 150 to 300 minutes of aerobic exercise/physical activity per week as per the World Health Organization (WHO) guidelines. Walking is preferred over other forms of exercise.
- Athletes are doing pranayama in Ashtanga Yoga and rhythmic exercise in Zumba. Athletes are giving preference to daily personal exercise within the four walls of their homes.

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