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SURVEY OF PHYSICAL ACTIVITY AMONG THE MALE YOUTHS OF TRIPURA

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ABSTRACT:

The purpose of the present study was to survey the present status of physical activity, among the male youths of Tripura. The total number of subjects selected were 500 college going students with their age ranging between 18 to 23 years from ten (10) Government degree colleges from eight different districts of Tripura state. The variable selected for the study was Physical activity and it was measured using the International Physical Activity Questionnaire (IPAQ) from 2002. The selected variable was analysed using descriptive statistics such as mean, median, mode, range, sum, percentiles, standard deviation, maximum and minimum, standard error of mean, skewness, kurtosis and percentile of the data collected from the male youths of Tripura state. The results revealed significant variations in physical activity patterns across the districts, shedding light on the potential influence of local factors. The considerable differences in physical activity levels across the districts were observed. Across all districts, males consistently showed higher mean physical activity. This pattern was observed in each district individually and was reflective of broader societal trends where males tend to engage in more physical activities.

Key Words: *Youths, Physical Activity, Tripura, Descriptive Statistics, Mean, Median, Mode, Range, Sum, Percentiles, Standard Deviation, Maximum and Minimum, Standard Error of Mean, Skewness, Kurtosis and Percentile.*

INTRODUCTION:

The future of any nation lies in the hands of youth, they are the future of the Nation becoming budding leaders of the Nation. Youth is said to owning a huge pool of energy which is to be used for improvement of the society and must be sensibly channelized. Therefore, it becomes extremely necessary that the youth maintain highest moral standards and social values and a sound mental and physical health. Youth is said to be the foundation pillars of any nation, the nation's strength lies on the youth population. Seemingly, if youth is healthy the nation will be healthy; hence taking care of youth should be given utmost priority.

The youth phase, a pivotal period in life, encompasses substantial physical, physiological, psychological, and behavioural transformations, coupled with evolving dynamics in social interactions and relationships. This stage serves as a crucial window of opportunity, laying the foundation for a healthy and productive adulthood while diminishing the likelihood of health issues in later years. Puberty brings forth a multitude of biological changes, including increased skeletal mass, sexual maturation, and alterations in body composition. The progression of these puberty-related events varies in duration, exhibiting individual differences. These changes induce significant stress on young individuals and those in their immediate surroundings, impacting their relationships with both peers and adults. Additionally, this phase is characterized by impulsivity and vulnerability, influenced by peer groups and media, leading to shifts in perception and behaviour. It is marked by the development of decision-making abilities and the acquisition of new emotional, cognitive, and social skills. Unfortunately, the current Indian youth is experiencing a variety of unusual health problems that may affect their productivity and future of our country.

However, in this century the perspectives and life experiences of youth population have greatly changed with new technological development, innovations, modern food habits, low levels of physical movements because of technological dependency and modern stressful lifestyles, etc puts huge negative effects on common people especially on youth.

Consistent engagement in physical activity is a widely acknowledged protective factor against the onset and management of major non-communicable diseases, including heart disease, stroke, diabetes, breast cancer, and colon cancer. Additionally, it aids in preventing conditions such as hypertension and obesity, while also contributing to enhanced mental health, overall quality of life, and general well-being, as emphasized in the 2018 report by the World Health Organization (WHO). However, global efforts to promote increased physical activity have been sluggish, primarily due to a lack of awareness and investment.

Current statistics reveal that 1 in 4 adults and 3 in 4 adolescents (aged 11 to 17) globally do not meet the recommended levels of physical activity outlined by the WHO. Furthermore, there is a notable gender disparity, with women and girls being less active compared to their male counterparts. Economic development in countries has been linked to a rise in physical inactivity levels. In certain regions, up to 70% of the population is inactive, attributed to shifts in transportation patterns, increased technology usage, and urbanization trends (WHO; 2018 report).

The term "physical activity" refers to movement generated by skeletal muscles, leading to an increase in energy expenditure beyond the resting state, as defined by the American College of Sports Medicine (ACSM) in 2013. Extensive research has consistently demonstrated the positive correlation between regular physical activity and various health benefits. Conversely, individuals with a sedentary lifestyle face an elevated risk of developing non-communicable diseases and mortality, as highlighted by Haskell et al. in 2007. Recognizing the severity of the issue, the World Health Organization identifies physical inactivity as the fourth leading cause of death globally (WHO; 2010). These are considered as high blood pressure (13%), use of tobacco (9%), diabetes (6%), along with this overweight and

obesity holds 5% of global mortality. Adults (age 18-64yers old) to maintain physical fitness and reduce the risk of non-communicable diseases (NCDs), it is recommended by the World Health Organization (WHO) in their 2010 report that individuals should participate in at least 150 to 300 minutes of moderate-intensity aerobic physical activity per week, or 75 to 150 minutes of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate and vigorous-intensity activities. This can include activities such as walking, cycling, wheeling, sports, active recreation, and play, all of which are accessible to individuals of varying ability levels. According to research by Hazzaa et. al. (2011), physical activity is particularly crucial for children and youth, contributing to enhanced cardiovascular and metabolic fitness, as well as improved bone health, making it a vital component of energy expenditure in this age group. Participating in regular physical activity helps in managing and preventing non-communicable diseases such as diabetes, heart diseases, stokes, cancers, hypertension, manages weight, improves mental health, quality of life and psychological wellbeing.

The present study was planned by keeping in mind to survey the status of physical activity among the male youths of Tripura, hypothetically considering that there would be the prevalence of usual physical activity among the youths of Tripura.

METHODS:

Selection of Subjects:

Tripura state was taken into consideration. Tripura has been divided into eight districts namely, West Tripura, South Tripura, North Tripura, Dhalai, Khowai, Unakoti, Sepahijaja and Gomati respectively. There are total 22 Government Degree Colleges running at present in Tripura. Hence, for the fulfilment of the purpose of the present study, researcher had chosen ten (10) Government degree colleges, each from one district except from the district of West Tripura three colleges were selected as the total number of students are more in this district in comparison to the other districts of Tripura. The total number of subjects selected were 500 college going students with their age ranging between 18 to 23 years. The samples were selected with the help of stratified random sampling method. Further the total samples were segregated as fifty (N= 50) male students selected from the colleges of each of these districts representing the youths of Tripura state.

Selection of Variable:

Keeping in view, the feasibility of criterion and the relevance of study the variables of Physical activity was selected for this study. The variable of physical activity in the study was measured using the International Physical Activity Questionnaire (IPAQ) from 2002. This questionnaire is designed for self-administration and covers a period of the last 7 days. It is tailored for use with young and middle-aged adults falling within the age range of 15 to 69 years. IPAQ consisted of a set of four questionnaires, suitable for implementation through telephone interviews or on methods of self-administration. Widely employed as a common tool, IPAQ is instrumental in gathering facts on health-related physical activity. The IPAQ

development started in 1998 in Geneva, surveyed by wide-ranging validity and reliability testing conducted across 12 countries (14 sites) in the year 2000. The questionnaire is structured to capture information about various physical activities integrated into individuals' everyday routines. Questions specifically inquire about the total time individuals consumed engaging in physical activity in the past 7 days.

Statistical Techniques

For the present study, the selected variable was analysed using descriptive statistics in terms of mean, median, mode, range, sum, percentiles, standard deviation, maximum and minimum, standard error of mean, skewness, kurtosis and percentile of the data collected from the male youths of Tripura state. The statistical calculations were done using SPSS software (SPSS 26 version).

RESULTS:

The analysis on the variable of physical activity of male youth population of the Tripura State and the discussion based on the analysis of data on youths are explained in the following tables with descriptive statistics values and figures of the mean values.

Table 1

Descriptive Statistics on Physical Activity the Male Youths of the Tripura State

		Physical Activity_Male
N	Valid	500
	Missing	0
Mean		13547.028
Std. Error of Mean		471.4762
Median		11482.500
Mode		.0
Std. Deviation		10542.5289
Variance		111144914.707
Skewness		1.708
Std. Error of Skewness		.109
Kurtosis		5.569
Std. Error of Kurtosis		.218
Range		83342.0
Minimum		.0
Maximum		83342.0
Sum		6773514.1
Percentiles	10	2515.200
	25	5995.500
	50	11482.500
	75	18910.500

Table 1 revealed a comprehensive exploration of the descriptive statistics related to the physical activity of male youths from the state of Tripura. These statistics not only provided an overview of the central tendency and dispersion of physical activity levels but also offer insights into the distribution characteristics and potential trends within the dataset.

The dataset under examination comprised responses from a total of 500 participants of male youths, indicating a robust and complete sample without any missing values. This high level of completeness enhanced the reliability of the derived statistics.

When considering the central tendency of physical activity levels, the mean value emerges as a pivotal indicator. For male youths, the mean physical activity level was calculated at 13,547.03. The male youths displayed a notably higher mean activity level.

The range, a measure of spread between the minimum and maximum values, accentuated the variability within the dataset. The range for male youths' spans from 0 to an impressive 83,342.00 units. This variance indicated a wider distribution of physical activity levels among male youths, reflecting diverse engagement in various activities.

The skewness and kurtosis values provided insights into the shape and characteristics of the distribution. Positive skewness values of 1.708 for males suggested right-skewed distributions, signifying a concentration of participants with relatively lower physical activity levels and a tail towards higher values. The kurtosis values of 5.569 for males revealed heavy-tailed distributions, indicating the presence of outliers or extreme values that could be influencing the distribution shape.

Examining the percentiles allowed to comprehend the distribution of physical activity levels across the dataset. For example, at the 50th percentile (median), male youths engaged in 11,482.50 units of physical activity. This highlighted the median activity level where half of the participants fall below. Furthermore, percentiles at 25% and 75% offer insights into the quartiles, aiding in categorizing participants based on their activity intensities.

The observed disparities in means, the variation in distributions, and the exploration of skewness and kurtosis collectively lay the foundation for deeper investigations into factors influencing physical activity patterns within this demographic.

The mean scores on the variable of physical activity of male youths of Tripura have been illustrated in figure 1.

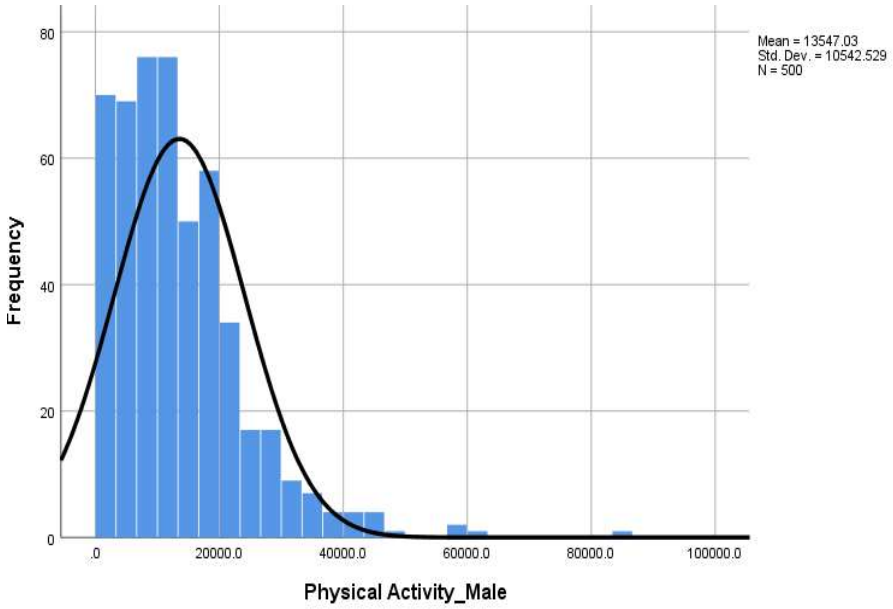

Figure 1: Mean Scores of Physical Activity of Male Youths of Tripura

The study analysed the physical activity levels of youths of Tripura using the IPAQ questionnaire. The results revealed significant variations in physical activity patterns across the districts, shedding light on the potential influence of local factors. Across all districts and the total samples, youth males consistently showed higher mean physical activity levels. This pattern was observed in each district individually and was reflective of broader societal trends where males tend to engage in more physical activities.

Discussion of Findings:

The hypothesis posited that there would be a prevalence of usual physical activity among the youths of Tripura. The data revealed interesting insights into the physical activity levels among youths across these districts. The mean physical activity level for males in North Tripura was notably higher than the overall state mean. This suggested that youths in North Tripura tend to engage in more physical activity compared to the state average. In Khowai, it was observed that a relatively lower mean physical activity level compared to the state mean for males. This indicated that youths in this district may have a somewhat lower prevalence of usual physical activity. In West Tripura, the mean physical activity levels were around the state average for males. This suggested that youths in West Tripura district are engaged in physical activity at a rate similar to the overall state average. Sepahijala and Gomati district exhibited a higher mean physical activity level compared to the state average, especially among males. This indicated a prevalence of physical activity among youths in this district. South Tripura stood out with a notably higher mean physical activity level among males, indicating a strong prevalence of physical activity among youths in this district. Unokoti district showed a physical activity level close to the state mean, suggesting that youths here engage in physical activity at a rate similar to the overall state average. In Dhalai, the mean physical activity level was again

higher than the state average, indicating a prevalence of usual physical activity among youths in this district.

Based on the data from different districts, it was evident that the prevalence of usual physical activity among youths in Tripura was not uniform across all regions. While some districts exhibited physical activity levels significantly above the state average (e.g., South Tripura and North Tripura), others show levels closer to the state mean (e.g., Dhalai and Unokoti). Interestingly, a couple of districts (e.g., Khowai and Gomati) demonstrated slightly lower physical activity levels compared to the state average. These variations could be influenced by factors such as geographic location, access to recreational facilities, cultural practices, and socioeconomic factors.

In conclusion, the hypothesis that there was a prevalence of usual physical activity among the youths of Tripura was accepted, with variations in the extent of prevalence across different districts. The hypothesis suggesting a prevalence of usual physical activity among the youths of Tripura was supported by several factors. Firstly, Tripura's geographical landscape, with its lush greenery and hilly terrain, encourages outdoor activities and physical pursuits among youths. Secondly, the cultural and social aspects of the state often involve physical activities such as traditional dances and sports, contributing to higher physical activity levels. Furthermore, the relatively low availability of sedentary entertainment options, such as malls and cinemas in some districts, may lead youths to engage in more physical activities for recreation. Lastly, the emphasis on physical education in schools and colleges in Tripura may also contribute to higher physical activity levels among the youth population.

CONCLUSIONS:

The results revealed significant variations in physical activity patterns across the districts, shedding light on the potential influence of local factors. When comparing the mean physical activity levels across all districts, the highest mean was observed in South Tripura followed by Dhalai and Sepahijala. On the other hand, Khowai and Gomati exhibited relatively lower mean physical activity levels. Interestingly, North Tripura and Unokoti districts displayed similar mean physical activity levels, both falling in the middle range. Meanwhile, West Tripura district exhibited a comparatively lower mean than the overall sample mean. The considerable differences in physical activity levels across the districts were observed. Across all districts males consistently showed higher mean physical activity. This pattern was observed in each district individually and was reflective of broader societal trends where males tend to engage in more physical activities.

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