ISSN: 2616-0854

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KWASU JOURNAL OF SPORTS & EXERCISE SCIENCE (KWAJOSES)

MAIDEN EDITION 2017

KWASU JOURNAL OF SPORTS AND EXERCISE SCIENCE (KWAJOSES)

ISSN: 2616-0854

MAIDEN EDITION 2017

A PUBLICATION OF THE DEPARTMENT OF HUMAN KINETICS, HEALTH EDUCATION AND SPORT MANAGEMENT, KWARA STATE UNIVERSITY, MALETE, PMB 1530, ILORIN, NIGERIA.

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Published by

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PERCEIVED INFLUENCE OF PHYSICAL ACTIVITIES ON HEALTH RELATED VARIABLES OF STUDENTS OF KWARA STATE UNIVERSITY, MALETE

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Abstract

The study examined perceived influence of physical activities on health related variables of Students of Kwara State University, Malete. Relevant literature were reviewed some of the area reviewed include stress that is defined as the physiological response of the body to pressure, the greater the pressure, the greater the stress. Therefore, stress is an integral part of our daily existence and is an innate response to help man adjust to the demands of life. A descriptive research type of survey was adopted for the study. The population for the study comprised all the students of the six Colleges in the University. However, 50% was used to sample the colleges, and a total of three colleges were selected out of six which included College of Education with 550 students, College of Engineering with 200 students and College of Agriculture with 450 students respectively using simple random sampling and stratified sampling technique was employed to select 20% of the respondents from the three Colleges used for the study and a total of 240 respondents consist of male and female students were selected for the study out of 1,200. A structured questionnaire designed in

a four point's likert rating scale that was validated by experts in the Department of Health Education and Exercise physiology was used to gather data from the respondents and the instrument reliability was carried out using test re-test, and Pearson Product Moment Correlation statistics was used to correlate the scores and a correlation coefficient of 0.72 was obtained .The data was collected by the researcher and two research assistants. Hypotheses were formulated and inferential statistics of chi-square was used to analyze the hypotheses set for the study at 0.05 level of significance. Findings revealed that physical activities influence the reduction of stress, promote good health and longevity. Recommendations suggested include: regular physical activities/sports programs should be organized for all the students to participate in so as to help reduce stress, promote good health and longevity among others.

Keywords: Physical activities, Stress, Good health and Longevity.

Introduction

Fawole (2006) affirmed that one cannot talk about stress without talking about pressure. Pressure leads to stress and stress to distress. Stress is the physiological response of the body to pressure, the greater the pressure, the greater the stress. Therefore, stress is an integral part of our daily existence and is an innate response that help man to adjust to the demands of life.

Ajeigbe (2006) quoting Kelly and Gill (1993) explained that stress can be best understood as a discrepancy between the perceived demand of a situation and the perceived abilities to cope with and adapt to those demand. Ajeigbe (2006) stated further that when demands of a situation outweigh the resources one has to handle the situation, the result is a perception of negative stress. Therefore, the greater the perceived mismatch between the demands and resources, the greater the resulting physiological, psychological and emotional response.

The most common forms or causes of stress are linked to work, money matters, and relationship with partners, children or other family members. Major upheavals and life events such as unemployment, divorce, bereavement or minor irritations such as feelings of undervalued at work or dealing with difficult children can cause stress (Fawole, 2006). Ajeigbe (2006) reiterated that stress can be caused by a number of factors which include poor social relationship with mates and others in the school, financial insecurity, failure in academic work, trouble with boss/authority at work, change in responsibilities, strained working conditions and loss of loved ones among others. In addition, Hannah (2006) revealed the causes of stress among students as choice of courses to take in examinations, grade are among the many academic stressors faced by students.

Consequently, since stress is a part of life and that nothing can isolate stress from human being as it is evident from various researches and studies. Stress can be managed but not simply do away with. Therefore, a physical activity has been likened to be the therapy that gradually improve psychological disorder. Physical activity is a part of physical education programme that is aimed at enhancing the physical, mental, social and emotional development of individual through active participation in physical activities. According to Ayoade (2012) citing Hales (1987), physical activity in itself distracts the mind from its troubles. As they condition their bodies, physically active person develop a sense of mastery, and release anger and anxiety common among the people. Regular participation in aerobic exercise program has been linked with reduction in symptoms of moderate depression (Martinsen & Morgan, 1997). Anugweje (2003) affirmed that regular exercises have been shown to improve health, efficiency, physical appearance and mental capacity.

There is a general belief that physical activity and exercise have positive effects on mood and anxiety and a great number of studies describe an association of physical activity and general well-being, mood and anxiety. Moreover, exercise is an integral part in the treatment and rehabilitation of many medical conditions. Improving physical well-being may also lead to improved psychological well-being (Aderonmu 2012) citing (Strohle, 2009). Strawbridge, Deleger, and Roberts (2002) reported that physical activity can reduce symptoms of depression and possibly stress and anxiety, it may also confer other psychological and social benefits that affect health like building of social skills, self-esteem and improve the quality of life.

Regular physical activity is associated with lower mortality rates for both older and young adults. It leads to cardiovascular fitness and can prevent or delay the development of high blood pressure. According to Babalola (2011) physical activity is associated with enhance quality of life and it has served as positive indicator of health related quality of life. It can also influence self-efficacy and health status. Talabi, Shehu, Ibraheem and Ajeigbe (2012) citing WHO (1998) supported that physical activity helps to improve stamina, balance, joint mobility, flexibility, agility, walking speed and overall physical co-ordination. Physical activity also has favorable effects on metabolism, the regulation of blood pressure, and the prevention of excessive weight gain. Thus, there is epidemiological evidence that regular exercise is related to decreased risk of cardiovascular diseases, osteoporosis, diabetes and cancers that threatens life of individuals.

Participation in regular physical activities enables one to experience sound and healthy sleep necessary for longevity. Longevity in this context refers to the average number of years that a single person lives, whereas, life expectancy refers to the number of years that the average population lives. This is illustrated by the fact that a drastic increase in life expectancy due to a larger

portion of the population beginning to live longer may be accompanied by small increase in overall longevity of the population (Wikipedia, 2011). It is the single most important form of prevention an individual can practice for healthy and active lifestyle. Physical activity has been known to have positive influence on physical, mental, social, and health status. It is also related to body functions and when exercise is done in the right intensity, duration and frequency, significant adaptive changes will result.

It has furthermore been severally submitted as acknowledged to be associated with lower risk of all caused of mortality as well as mortality and morbidity associated with chronic life style diseases. Torabi and Luegers (2010) affirmed that participation in regular physical activity may help to produce chemicals that induce positive feelings in the brain, which have the potential to enhance encouraging emotions and relieve stress, anxiety, and the feelings of aggression. Individuals who regularly take part in exercise can experience reduced symptoms of anxiety and depression, promotion of good healthy living and longevity.

Research Hypotheses

Three research hypotheses were formulated for this study and they are:

- There is no significant influence of physical activities in stress reduction among students of Kwara State University, Malete.
- There is no significant influence of physical activities in the promotion of good health among students of Kwara State University, Malete.
- There is no significant influence of physical activities in the promotion of longevity among students of Kwara State University, Malete.

Methodology

A descriptive research design of survey type was adopted for this study.

The design is appropriate for the study as the researcher intend to find information that involve large population of people and issue that is already existing. The population for the study comprised all the six Colleges and all students in the University. However, 50% of the colleges was sampled for the study and a total of three colleges were selected out of six through simple random sampling technique and stratified sampling technique was employed to select 20% of all respondents from the three colleges for the study and a total of 240 respondents consist of male and female students were selected for the study out of 1,200 that is,40 students out of 200 in Engineering, 90 students out of 450 in Agriculture and 110 students out 550 in Education. Structured questionnaires that was validated by experts in the field of Health Education and Exercise Physiology were used to gather data from the respondents and the reliability of the instrument was carried out using test re-test and Pearson Product Moment Correlation statistics was used to analyze the result and a correlation coefficient of 0.72 was obtained. The data was collected by the researcher and two trained research assistants and the data was analyzed with inferential statistics of chi-square at 0.05 level of significance.

Results

Ho_1 There is no significant influence of physical activities in stress reduction among students of Kwara State University, Malete.

Table1: Chi-square statistics showing the influence of physical activities in stress

	SA	A	D	SD	Total		df		
Physical activities distracts the mind from its trouble	120 (117.5)	60 (65)	38 (32)	22 (25.2)	240				
Participation in physical activities help to reduce symptoms of depression	160 (117.5)	40 (65)	30 (32)	10 (25.5)	240				
Physical activity and Excersie have positive influence on mood and anxiety	90 (117.5)	95 (65)	20 (32)	45 (25.5)	240	76.27	9	16.92	
Physical activities is a therapy that improve psychological disorder	100 (117.5)	75 (65)	40 (32)	25 (25.5)	240				
	470	260	128	102	960				

The result in table 1 revealed that the chi-square of 76.27 was obtained against the chi-square tab-val. of 16.92 with 9 degree of freedom. Therefore, since the chi-square is less than the chi-square, the hypothesis one (Ho_1) which says there is no significant influence of physical activities in stress reduction among male and female students of Kwara state university, Malete is hereby rejected at 0.05 level of significance. This translates to the fact that participation in physical activities helps in stress reduction among the students.

Ho_2: There is no significant influence of physical activities in the promotion of good health among students of Kwara State University, Malete.

Table 2:- Chi-square statistics showing the influence of physical activities in the promotion of good health among students.

S/No		SA	A	D	SD	Total	Calt-val	Df	Crit-val	decision
1.	Regular exercise helps to improves health, efficiency, physical appearance and mental capacity	80 (75)	90 (68.6)	30 (47.4)	40 (49)	240				
2.	Exercise assist in the treatment and rehabilitation of many medical conditions	40 (75)	70 (68.6)	92 (47.4)	38 (49)	240				
3.	Participation in physical activities helps to build social skills, self-esteem and improve the quality of life	50 (75)	40 (68.6)	35 (47.7)	115 (49)	240	246.8	12	21.03	
4.	Participation in in exercise lead to cardiovascular fitness and can prevent or delay the development of high blood pressure	110 (75)	78 (68.6)	30 (47.4)	22 (49)	240				
5.	Physical activities have positive influence on physical, mental, social and health status	95 (75)	65 (68.6)	50 (47.4)	30 49	240				
		375	343	237	245	1200				

Physical activities and promotion of good health

The result in table 2 show that the cal.t-val of 2.80 was obtained against the crit.t-val of 1.96 with the degree of freedom of 238. However, since the cal.t-val is greater than the crit.t-val the hypothesis two (Ho_2) is equally rejected at 0.05 level of significance. This means that participation in physical activities will help to promote good health among the students.

Ho_3 :- There is no significant influence of physical activities in the promotion of longevity among students of Kwara State University, Malete.

Table 3:- t-Test statistic showing the influence of physical activities in the promotion of longevity among students.

S/No		SA	A	D	SD	Total	Calt$^{\chi^2}$val	Df	Calt^{X2}val	decision
1.	Regular exercise helps to improves health, efficiency, physical appearance and mental capacity	95 (96.25)	85 (82.5)	40 (37.5)	20 (23.75)	240				
2.	Exercise assist in the treatment and rehabilitation of many medical conditions	110 (96.25)	85 (82.5)	20 (37.5)	25 23.75)	240				
3.	Participation in physical activities helps to build social skills, self-esteem and improve the quality of life	80 (96.25)	90 (82.5)	30 (37.5)	40 23.75)	240	42.73	9	16.92	
4.	Participation in in exercise lead to cardiovascular fitness and can prevent or delay the development of high blood pressure	100 (96.25)	70 (82.5)	60 (37.5)	10 23.75)	240				
		385	330	150	95	960				

Physical activities and promotion of longevity

The results in table three revealed that the cal. t-val of 2.98 was obtained against the crit. t-val of 1.96 with the degree of freedom of 238.However, since the cal.t-val. obtained is greater than the crit. t-val, the hypothesis three (Ho_3) is hereby rejected at 0.05 level of confidence. This means that participation in physical activities helps in promoting longevity among the students.

Discussion of findings

The result of hypothesis one (Ho_1) which revealed that physical activities influence the reduction of stress among the students is in line with the submission of Ayoade (2012) who stated that physical activity in itself distracts the mind from its troubles. Ayoade (2012) states further that physically active person develop a sense of mastery, and release anger and anxiety common among people. Martinsen and Morgan, (1997) affirmed that participation in

aerobic exercise program has been linked with reduction in symptom of moderate depression.

In addition, Strawbridge, Deleger, and Roberts (2002) reported that physical activity can reduce symptoms of depression and possibly stress and anxiety, it may also confer other psychological and social benefits that affect health. Like building of social skills, self-esteem and improve quality of life. Torabi and Luegers (2010) affirmed that participation in regular physical activity may help to produce chemicals that induce positive feelings in the brain which have the potential to enhance encouraging emotions and relieve stress. anxiety, and the feelings of aggression.

The result of hypothesis two (Ho_2) equally revealed that participation in physical activity help to promote good health among the students. The outcome of the result is in line with the submission of Aderonmu (2012) who stated that exercise is an integral part in the treatment and rehabilitation of many medical conditions. Improving physical well-being may also lead to improved psychology well-being. Anugweje (2003) affirmed that regular Excersie have been shown to improve health, efficiency, physical appearance and mental capacity of the participants.

Babalola (2011) stated that physical activity is associated with enhanced quality of life and it has served as a positive indicator of health related quality of life. It can also influence self-efficacy and health status.

Finally the result of hypotheses three (Ho_3) revealed that participation in regular physical activities help to promote longevity of the students. This is in line with the submission of Strawbridge, Deleger and Roberts (2012) who reported that regular physical activity is associated with lower mortality rates for both older and younger adults. Talabi, Shehu, Ibraheem & Ajeigbe (2012) also supported that there is epidemiological evidence that regular Excersie is related to decreased risk of cardiovascular disease, osteoporosis, diabetes and

cancers that threatens life of individuals. Talabi et.al (2012) stated further that participation in regular physical activities enables one to experience sound and health sleep necessary for longevity.

Conclusions

The following conclusions were drawn from the study;

Participation in regular physical activities helps to reduce stress among the students of Kwara state university, Malete.

Participation in physical activities help to promote good health among the students.

Finally, participation in physical activities helps in promoting longevity among the students.

Recommendations

The following recommendations were suggested based on the findings of the study.

1. Student of all ages should participate actively in physical activities in order to reduce stress, promote good health and longevity.
2. Government, private individual and corporate organization should support University to put in place health and fitness centres in location that is accessible to the students at afford cost so that students can have the opportunity of participating actively in varied activities to enhance the quality of life of people.
3. Students should be encourage to take active part in leisure time activities that will promotes social interactions among them which will in turn aid healthy living.
4. The school should regularly organize intramural and extramural activities that will afford the students the opportunity to take part in so as to promote their health and quality of life.

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