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## Survey on Physical Fitness awareness among Sapthagiri NPS University Engineering Students

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### ABSTRACT

Physical fitness is a fundamental requirement for effective management, enabling individuals to lead a longer life and contribute meaningfully to society. The aim of the research was to assess the level of awareness regarding physical fitness among students at Sapthagiri NPS University's Engineering program. A total of 687 students participated in the study, providing insights into their lifestyle and habits. I designed 22 questionnaires to collect specific data. Percentile score was analyzed. Overall, the gathered information offers a comprehensive understanding of SNPSU students' perspectives on fitness, health, and academic pursuits.

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### Introduction

Physical education enhances academic performance. Regular physical activity benefits physical and mental health. In adults, it prevents diseases and improves physical health and cognitive development and overall well-being. Incorporating physical education into daily routines benefits physical and mental health. Regular exercise intensity and volume impact health benefits. Moderate intensity exercise helps prevent diseases and promotes health. Being efficient means doing daily activities with the least effort possible. A fit person is able to perform work, meet home responsibilities, and still have enough energy to enjoy sport and other leisure activities. A fit person can respond effectively to normal life situations,



such as raking leaves at home, stocking shelves at a part time job, and marching in the band at school. A fit person also can respond to emergency situations. The study was delimited to Sapthagiri NPS University Engineering students. Individual differences, habits, daily routine, work, diet etc. may influence the results with were not considered in the study.

### **Statement of the problem:**

The purpose of the study was to survey on physical fitness awareness among Sapthagiri NPS University Engineering students

### **Significance of the study**

- ◆ The study will raise awareness of subjects' fitness levels.
- ◆ The study will motivate subjects to improve fitness.
- ◆ The study will assess the fitness level of SNPSU Engineering students.
- ◆ The study will explore the lifestyle and habits of SNPSU Engineering students.
- ◆ The study will help teachers and coaches improve students' fitness and quality of life by changing lifestyle habits.

### **Definition of the terms**

Physical fitness: It refers to the ability of your body systems to work together efficiently to allow you to be healthy and perform activities of daily living. Being efficient means doing daily activities with the least effort possible.

### **Methodology**

Methodology is a fundamental approach used to systematically address a research problem. In the context of this particular research endeavor, the Survey method was employed. A total of 687 students from the first semester of SNPSU Engineering were randomly chosen to participate in this study. To gather pertinent data, I meticulously crafted 22 questionnaires that were then distributed the students. The

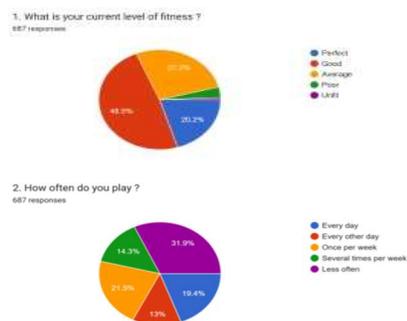


administration of these questionnaires was facilitated through Google Forms, allowing for efficient and organized data collection.

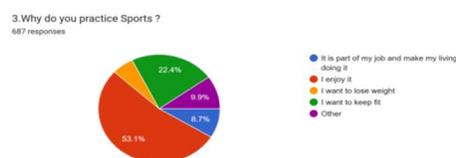
Following the completion of the survey, a crucial step in the research process involved conducting Percentile analysis. This analysis aimed to ascertain the percentage of responses received for each individual question within the questionnaires. By examining the percentage distribution of responses, patterns and correlations within the data could be identified, offering valuable implications for further research and study refinement.

1) According to the students' responses, the present fitness level of the engineering students at SNPSU is 20.2% perfect, 48.5% good, 27.2% average, 3.3% poor, and 0.7% unfit. 3.3% need to improve their fitness. Unfit 0.7% of students need care and medication to be healthy. 96% of students are aware of their fitness and practice some kind of physical activity.

2) 21.5% of students play once a week, 14.3% play multiple times a week, 19.4% play daily, 13% play every other day, and 31.9% play less frequently. In order to maintain their fitness, 68.1% of students schedule playtime. Although 30% of students did not play as part of their lifestyle, the majority of students are interested in playing.



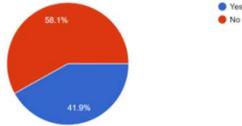
3) 8.7% replied as part of their job and living doing it, 53.1% were enjoying it, 5.8% to lose weight, 22.4% to keep fit, and 9.9% replied for some other reason. 81.3% of students were doing it for some purpose: to lose weight, to keep fit, and to enjoy it also.



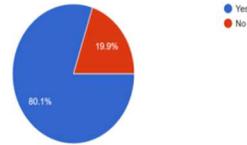


4) 41.9% were compiled an exercise plan and remaining 58.1% were not compiled exercise plan. Data clearly shows that majority of students were not compiled an exercise plan.

4. Have you compiled an exercise plan ?  
687 responses

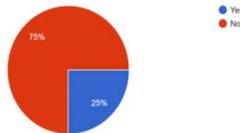


7. Are you trying to improve your Sports performance ?  
687 responses



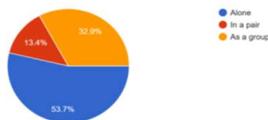
5) Of students, only 25% took part in the long-term coaching program, while 75% did not. A quarter of the students participated in coaching in prior years. The majority of students, or three-fourths, did not participate in any coaching programs.

5. Have you attended any long term coaching program (like football coaching, Karate etc)?  
687 responses



6) Of students, 32.9% practice in a group setting, 13.44% practice as a pair, and 53.7% practice solely. A higher percentage of students prefer to practice alone rather than with others. However, 46.3% prefer to practice with other people.

6. How do you do most of your regular practice ?  
687 responses

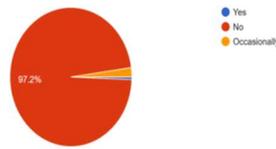


7) While 19.9% of students dislike improving their athletic performance, 80.1% of students like doing so. With the exception of a small percentage, most of them wish to enhance their performance.

8) 97.2% do not have negative habits, 2.2% do occasionally, and 0.6% have bad habits. According to studies, the majority of students do not frequently engage in any negative habits. Rarely do students. Only a small portion of them have come to terms with their unhealthy behaviors.



8. Do you have any kind of bad habits? ( like Smoking, consuming alcohol and using drugs )  
687 responses



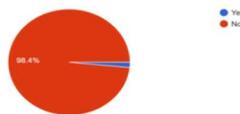
9) About 4% of students have health problems that prevent them from practicing on a daily basis, compared to nearly 96% who do not. 4.2% are unable to exercise due to medical restrictions.

9. Do you have any medical limitations preventing you from exercise ?  
687 responses

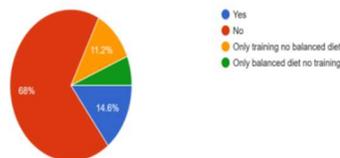


10) Only 14.6% of students are practicing with trainers to eat a balanced diet to promote a good condition; 68% of students were not practicing such a thing. 11.2% of them were doing only training; no balanced diet was followed, and 6.3% of them were following only a balanced diet; no training. The majority of students are not working with trainers to follow a balanced diet.

14. Do you have any major disease?  
687 responses



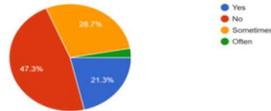
10. Do you work with trainers to eat a balanced diet to promote your good condition ?  
687 responses



11)A total of 28.7% of students take nutritional supplements sometimes 2.8% often, 47.3% do not, and 21.3% take them daily. Most students rely on dietary supplements for their daily needs. Of the students, about 50% do not take it, and almost one-fourth take it daily.

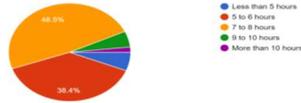


11. Do you consume nutritional supplements every day?  
687 responses



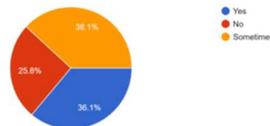
12) Of those who participate in their preferred sport, 36.1% do so regularly and actively, 25.8% do not,

15. How much do you spend sleeping?  
687 responses



and 38.1% do so occasionally. One-fourth of pupils do not participate in their preferred sport, whereas nearly three-fourths of them practice it.

12. Do you actively and regularly participate in your favorite sport?  
687 responses



13)98.4% of those do not have a disability, whereas 1.6% do. A sizable portion of pupils are not disabled.

13. Do you have any disability?  
687 responses



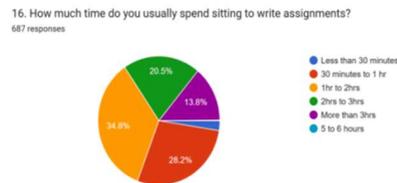
14)1.6% have major diseases, and the remaining 98.4% don't have any major diseases.

15)6.1% of people sleep for fewer than five hours, 38.4% for five to six hours, 48.5% for seven to eight hours, 5.2% for nine to ten hours, and 1.7% for more than ten hours. Around 87% of students get sufficient sleep. Very few of them sleep very little. A few of them sleep more than actually necessary. However, the remaining 13% may face challenges related to academic performance and overall well-being due to inadequate rest, and sleep.

16)2.5% usually spend time sitting to write assignments; use less than 30 minutes. 28.2% sit 30 minutes to 1 hour, 34.8% sit one hour to two hours, 20.5% sit 2 hours to 3 hours, 13.8% sit more than 3 hours, and 2.5% sit 5 to 6 hours. A very small percentage of students sit for a long time to complete their

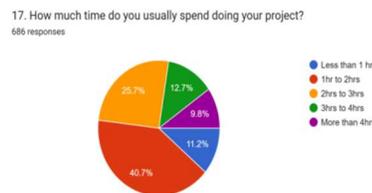


assignments. The data on student assignment writing time reveals significant trends in how students allocate their time to this critical academic task. Together, these statistics paint during assignment writing, highlighting both the diversity of approaches and the challenges that many face in maximizing effective study time. Analyze how different workloads affect students' stress levels and mental health. Here provide tips for developing healthy study habits that accommodate varying assignment duration.



17)11.2% of individuals spend less than an hour on their project work, indicating a preference for quick task completion. On the other hand, 40.7% dedicate one to two hours, showing a balanced approach to their projects. A significant portion, 25.7%, invest two to three hours, reflecting a deeper engagement with their work. Additionally, 12.7% allocate three to four hours, demonstrating a more thorough and detailed effort in their project completion. Lastly, 9.8% spend over four hours on their project work, suggesting a meticulous and extensive approach to achieving their goals.

It is essential to recognize the diverse time commitments individuals make towards their project work. Understanding these patterns can help in optimizing productivity and efficiency.

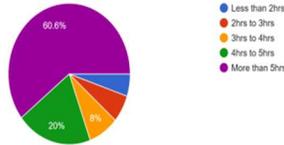


18)5.1% of students sit less than 2 hours, which indicates a small proportion of the student population. Moving on to the next category, 6.3% of students sit for 2 to 3 hours. This group could consist of students who have moderate study habits, taking short breaks in between study sessions. Moreover, 8% of students fall into the category of sitting for 3 hours to 4 hours. These students may have longer study sessions. In contrast, 20% of students sit for 4 to 5 hours. These students might be those who engage in deep study sessions or have demanding academic requirements. The majority, 60.6% of students, sit for more than 5 hours, showing a prevalent trend among students to have extended study periods. Overall,



the distribution of study duration among students highlights the diverse study habits and preferences within the student community.

18. How much time do you spend sitting in your regular class?  
686 responses



19)63.6% of students choose to remain in their classrooms beyond regular class hours for additional studies and engaging in discussions with subject matter experts; use less than an hour. Among them, 17.9% dedicate 1-2 hours, 7.4% allocate 2-3 hours, 4.4% commit 3-4 hours, and 6.7% invest more than 4 hours in academic pursuits within the confines of their classrooms. It concludes that a maximum of an hour can be spent with their subject experts to discuss the topic after the class.

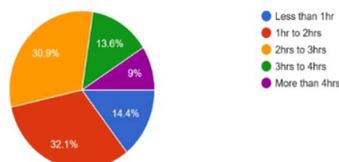
19. How much time do you spend sitting in your classroom after your regular classes for studying or to discuss the subject with experts?  
686 responses



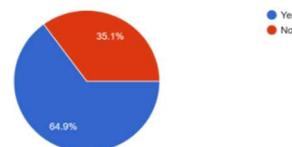
20)14.4% of students opt to study at their residence for less than an hour, indicating a trend towards shorter study sessions. On the other hand, 32.1% sit 1-2 hours to studying, showing a significant portion of students who invest a moderate amount of time in their academic pursuits. Following closely behind, 30.9% allocate 2-3 hours for studying, reflecting a substantial group of students engaging in more extended study sessions. Additionally, 13.6% dedicate 3-4 hours to studying, demonstrating a commitment to more intensive study duration. Lastly, 9% of students choose to study for more than 4 hours.

21) Of students that commute to and from school, 64.9% walk or ride bicycles, while 35.1% do not. In any case, a greater number of SNPS University students commute to and from locations by bicycle or foot.

20. How much time do you spend sitting for studies at your residence usually?  
686 responses



21. Do you walk or bicycle to get to and from a place ?  
687 responses





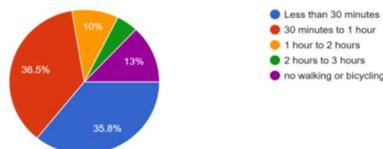
22) Walking or bicycling takes less than 30 minutes for 35.8% of students, 30 to 1 hour for 36.5%, 1 to 2 hours for 10%, 2 to 3 hours for 4.7%, and neither for 13% of students. The majority of students—87 percent—at least walk or ride a bicycle during the day, with only 13 percent not doing so.

### Discussion

The data provided by SNPSU students sheds light on various aspects of their physical fitness and lifestyle choices. A significant majority of students, around 81.3%, engage in physical activities for specific reasons such as weight loss, fitness maintenance, and enjoyment. However, it is concerning that only 41.9% of students have a structured exercise plan in place, indicating a potential lack of guidance in their fitness routines. Moreover, the fact that only 25% of students participate in long-term coaching programs suggests a need for more sustained support in developing healthy habits.

Interestingly, a higher percentage of students prefer solitary exercise over group activities, with 80.1% striving to enhance their performance independently. This individualistic approach may reflect a sense of self-reliance among the student population. Additionally, the data reveals that 97.2% of students claim to have no bad habits, while only 4% cite medical issues as barriers to daily practice. This highlights the overall health consciousness among SNPSU students, although there is room for improvement in promoting balanced diets and professional guidance.

22. How much time do you spend walking or bicycling for travel in a day?  
687 responses



When it comes to sports participation, approximately 50% of students do not engage in any athletic activities, with a quarter abstaining entirely. This lack of physical activity could have implications for overall well-being and academic performance. On a positive note, 98% of students report no disabilities or diseases, indicating a generally healthy student body. Moreover, the majority of students, around 87%, prioritize sufficient sleep, which is crucial for cognitive function and overall health.

The data also delves into student study habits and time allocation for academic tasks. It is evident that a significant portion of students, 60.6%, dedicate more than 5 hours to studying, reflecting a strong work ethic and commitment to academic success. However, there is diversity in study approaches, with some



students opting for shorter study sessions either at home or within the classroom. This variety in study habits underscores the need for personalized academic support to cater to individual learning preferences.

### **Conclusions**

Overall, the data paints a detailed picture of SNPSU students' attitudes towards fitness, health, and academic endeavors. By understanding these trends and challenges, the university can better tailor support services to enhance student well-being and academic outcomes.

### **Recommendations**

**In light of the findings of the present study, the following recommendations seem to be acceptable:**

- 1. A similar study can be conducted on different schools of SNPS University.**
- 2. A similar study can be conducted on other universities.**
- 3. An individualized remedial program can be for those subjects who want to improve their level.**
- 4. The findings of the present study can be helpful for physical education directors, coaches, and other subject-handling teachers.**
- 5. A similar study can be conducted on various age groups in different states.**

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