

Research Paper :

The frequency of engagement on physical exercises by non-human kinetics female students of Rivers State college of education

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ABSTRACT

The study examined the types and frequency of physical exercises engaged by the non-human kinetics and health education female students of Rivers State College of Education (C.O.E) Rumuolumeni Campus, Port Harcourt. Attention was placed on such factors as health promotion benefits. The survey design was adopted with the questionnaire as the only instrument for data collection. One hundred and twenty five (125) female students served as subjects for the study and they represented all non-human kinetics and health education departments of the college. Based on the findings of the study, it was concluded that the non-human kinetics and health education students of C.O.E., Port Harcourt had developed limited culture of engaging in physical exercises. But the students' health promotion awareness level of physical exercise was very high. Recommendations were made, that there the need for mass enlightenment campaign on the health promotion of physical exercises.

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Physical exercise has been embraced by the world all over for its unique contributions on the general health and well being of those involved in it. The values of physical exercises have been well documented. These include improving joint motion, improving physical performance, stimulating circulation, strengthening muscles, minimizing risk of injuries, better control of, and more desirable body weight; and enhanced mental functioning (Howorth, 1980; Fetem *et al.*, 1988; Harris, 1989).

One of the popular assumptions among students, holds that physical exercises are the major requirements for athletes, physical and health education students or those involved in sports not for the students of other disciplines. These are trite misconceptions of physical exercises for health promotion of the students. These assumptions may have caused many students of other disciplines to neglect physical exercises, most particularly the female students. In realizing the unique contributions of physical exercises to the participants, the school policy makers, include physical exercises and sports in the instructional, intramural and inter-scholastic phases of the school programme. According to Harris (1989) apart from

the current provision of exercise in schools, the schools should consider formulating an exercise policy and also provide better opportunities for life involvement in physical activity.

The national awareness concerning risk factor, diseases and the role of physical exercise play as prophylactic and therapeutic measures in the management of such health conditions and have led to the appreciation of a physically active life. In other for those that finished from higher institutions to continue to be physically fit and look healthy, the Federal Government of Nigeria introduced in 1973 the National Youths Service Corp (NYSC). During this NYSC programme, corpers are expected to pass through a camp physical exercise regimen under the directorship of a military man. This camp physical exercises regimen makes corpers among other benefits to be physically fit and healthy as to face the major primary assignments.

In Nigeria today many undergraduates and graduates during their school programmes complain a lot of fatigue, unhealthy status, unfit and sickly. This is due to many reasons among which are unhygienic ways of life in the campus, increased mechanization, automation and lack

of participation in physical exercises. To many researchers there are many ways for students of an institution to live healthy, one among many is participation in physical exercise. According to Udoh (2000) and Folawiyo (2001) physical exercises are healthy and it saves and preserves good health, and the quality of life is affected by many factors of which one is physical fitness through physical exercises. Wilmore (1977) opined that physical exercises also lower the serum cholesterol level, prepares one to better cope with emergencies, and mental health is enhanced. Moderate exercises increases appetite and leads to better job performance, fewer degenerative diseases and longer life expectancy. While Alapuyen (1988), and Adebayo (1988) both agreed that when one engages in physical exercises, the cardio-vascular system, muscles and joints are in good working conditions. Physical exercises also counteracts obesity, stress and reduce aggression, improves posture, mood, appearance and self-image. Oke (1988) also dealt on the use of physical exercises in relieving stress, aggression, fatigue and facilitating emotional social health.

From the foregoing, it could be viewed that physical exercise pursuits has very salutary effect on health promotion of all gender enthusiasts and participants among human kinetics and health education and non-human kinetics and health education female students of Rivers State college of Education (COE) Port Harcourt.

Objective:

The objective of this study was to ascertain empirically, the types and frequency of physical exercises on the health promotion of non-human kinetics and health education female students of Rivers State College of education, Port Harcourt.

METHODOLOGY

The survey research design method was adopted for this study. Subjects for this study were 125 non-human kinetics and health education female students, 2006/2007 set of Rivers State college of Education Rumuolumeni Campus, Port Harcourt. This campus was chosen because all the human kinetics/sports facilities and equipment were there. Secondly the Department of Human Kinetics and Health Education is also in this campus.

The questionnaire was the main instrument used in data collection. The internal consistency of the questionnaire calculated as split half reliability was 0.88. Respondents were made to tick two columns in one marked, Agreed, and Disagreed, and another to tick three columns marked; Always, Occasionally and Never, and

the last, one column, all in response to questions asked. The questionnaire sought to elicit information in respect of types, frequency, effects which physical exercises engaged in have on their health promotion and reasons for non-participation. Data collected were coded and analyzed using frequencies, percentages and chi-square for test of significance.

OBSERVATIONS AND DISCUSSION

Table 1 shows the result of the analyzed data based on response to questions asked with respect to the form of physical exercise engaged in. Responses revealed that most non-human kinetics and health education female students participated in walking. This was followed by jogging. They were of the opinion that physical exercises are for all students who are interested in sports.

The chi-square value of 11.75 was calculated and it was greater than 5.99 critical value at 0.05 level of significance (Table 1). This showed that the forms of physical exercises engaged in by the students, walking and few jogging among many alternatives were poor. The students also used to walk from hostel to Departments for their lectures, a distance of 200m to 300m as a form of physical exercise.

The data of Table 2 were calculated for the frequency (level) of engagement in physical exercises by the students. The level and frequency of participation in physical exercises (walking and few jogging) by the female students was highly significant, mostly once daily.

The results of Table 3 show the respective response to each of the questions on motivational intents for engagement in physical exercises of the female students, how actually they observed it on their body after participation. It was observed that the chi-square result of 3.47 was significant. The health promotion was one of the major reasons for engaging in physical exercises by the female students.

The finding of this study revealed that non-human kinetics and health education female students of Rivers State College of Education, Rumuolumeni Campus have developed limited culture of engaging in physical exercises as to keep healthy. The few ones that did engaged in walking and jogging.

The choice of walking as a form of physical exercise engaged in by the female students as found by this study could be explained better thus; they walk from their respective hostels to their lecture rooms, from one lecture to another lecture room, a distance of about 200m to 300m. They at time run, jog as to meet up lecture time but most at times they walk as opposed to actually engaging in walking as a form of exercise.

Table 1: Types of physical exercises engaged in by non-human kinetics and health education

Exercise	Always		Occasionally		Never		Total
	F	%	F	%	F	%	
Basketball	0	0	6	4.2	119	95.2	125
Volleyball	0	0	22	17.6	103	82.04	125
Soccer	0	0	10	8	115	92	125
Pushups	8	6.4	3	2.4	114	91.2	125
Running	6	4.8	16	12.8	103	82.4	125
Jogging	10	8	15	12	100	80.00	125
Walking	60	48	40	32	25	20.00	125
Handball	0	0	0	0	125	100	125
Yoga	3	2.4	10	8	112	89.6	125
Gymnastics	2	1.6	10	8	113	90.4	125
Sit ups	6	4.8	12	9.6	107	85.6	125
Press up	4	3.2	16	12.8	105	84	125
Tennis	0	0	0	0	125	100	125
Table tennis	3	2.45	5	4	117	93.6	125
Weightlifting	2	1.6	10	8	113	90.4	125
Swimming	0	0	15	12	110	88	125
	104	83.2%	190	161.4	1706		2000
	6.6		11.88		106.63		

$X^2 = P \leq 11.75$

Table 2: Frequency (Level) of engagement in physical exercises by non-human kinetics and health education female students

	F	%
Once daily	98	78.4
Twice daily	9	7.2
Twice every two days	5	4
Twice per week	04	3.2
Three times per week	7	5.6
Once per week	2	1.6
Once per month	0	0
Twice per month	0	0
Three times per month	0	0
	125	100

$X^2 = P \geq 2.46$

The health promotion as motivational intents revealed in this finding that the female students were very much aware of the health promotion of physical exercises. It is a known scientific fact that participation in physical exercises improves cardiovascular and respiratory systems, increases the functioning of locomotive organs, regulate fat accumulation and thus improves body blood sugar content and serum cholesterol. This was in support of the study of Morgan (1982) who stated that one of the major benefits of regular exercise may reside in its ability to reduce anxiety on a daily basis and hence prevents the development of chronic anxiety.

The result of this study also showed that participants in physical exercises did not have any formal pattern of

Table 3: Motivation intents for engagement in physical exercises by non-human kinetics and health education education female students

	Agreed		Disagreed	
	F	%	F	%
1. Improve ability to relax and sleep well at night	75	60	50	40
2. Reduction of fatigue	68	54.4	57	45.6
3. Absence of illness and diseases	80	64	45	36
4. My participation in physical exercise is based mainly on scientifically proved health benefits to be derived	55	44	70	56
5. Improve concentration	35	28	90	72
6. Reduction in minor aches and pains of muscles	46	36.8	79	63.2
7. I am physically inadequate without participating in physical exercises	100	80	25	20
Total	459		416	
	65.57		59.41	

$X^2 = P \geq 3.47$

level and frequency of involvement, since it was not programmed. This showed that the female students have not cultivated the habit of taking part in physical exercises. Majority of them while discussing stated that they lacked the time, that at times lectures start in the morning (7.16am to 6.10pm) end late in the evening. Most of them complained of general weakness of the body after physical exercises because the physical exercises are not regularly performed. It was also discovered that the college has no physical exercises/intramural programme schedule as done in the 1980s, when the college community usually have their every Wednesday evening games.

Conclusion:

The students were not much aware of the health promotion of physical exercises. They were with the opinion that physical exercises are for the students of human kinetics and health education of the college. Most of the non-human kinetics female students of College of Education (C.O.E), Port Harcourt did not engage in walking and jogging on a very irregular basis as to meet up lectures.

Recommendations:

The college authorities should embark upon mass enlightenment campaign through the Human Kinetics and Health Education Department to raise the level of students awareness on the importance of physical exercises to the promotion of their health. That physical exercise is not only for students of human kinetics and health education. The Department of Human Kinetics and Health Education should design a physical fitness exercise programmes for both human kinetic and health education, and non-human kinetic and health education students. Time for intramural programme of the college should be lecture free hours. And the reintroduction of the 1980s Wednesday college community physical exercise programme of the college. Lecturers in the Department

of Human Kinetics and Health Education should help to handle the coaching of such activities.

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