

**PHYSICAL ACTIVITY MOTIVATION LEVELS AMONG THE MIDDLE AGED – AN
EMPIRICAL STUDY IN BENGALURU**

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Abstract

The parks are sought for experiencing the nature and also engaging in the physical activity. The urban areas especially has residents from various economic levels. The low income group, the minorities, the vulnerable group benefits largely from the physical activity. The authorities in bengaluru are taking all actions to provide parks with equipment and facilities to provide increased levels of physical activity. The present study investigates the motivation levels among the middle aged people to use parks with special reference to bengaluru.

Keywords: physical activity, middle aged, green spaces

Introduction

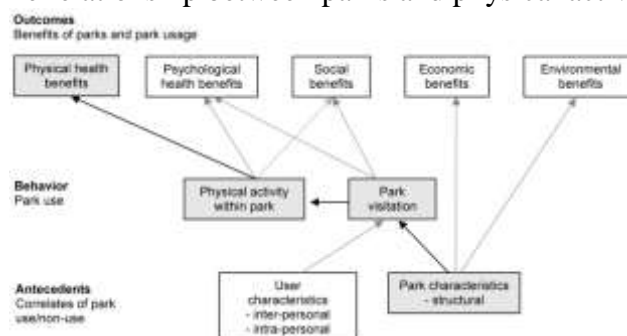
Physical activity is one of the most basic human functions. The human body has evolved over millions of years into a complex organism capable of performing an enormous range of tasks, from using large muscle groups to walk, run or climb, to performing detailed actions involving fine manual dexterity (taylor 2012). Physical activity and healthy sports are essential for our health and wellbeing. Appropriate physical activity and sports for all constitute one of the major components of a healthy lifestyle, along with healthy diet, tobacco free life and avoidance of other substances harmful to health.

Role of parks in public health

The researches done on the leisure and the park usage have revealed the benefits of parks manifesting in individual, social, economic, psychological and environmental benefits. The middle aged people have lesser options in physical activity at home unless they are keen on fitness. The study on the linkages between parks and holistic benefits to the park users is very few. The four components namely frequency, time or duration, type, and intensity of physical activity in the parks needs to be given attention to. The physical activity intensity levels among the middle aged people in parks is basically moderate in nature. Recently, there has been a growing interest in establishing more objective evidence of such benefits (e.g., increased economic benefits due to higher property values, lowered healthcare costs due to leisure-based wellness programs). By providing opportunities for physical activity, parks can facilitate physical and psychological health benefits (**ho, c. H., payne,et.al 2003**) .

The park uses among the middle aged and how the park can be used and upgraded to promote and modify the infrastructure and the facilities to increase the health and overall individual development is the new arena of research study unexplored. It should also be noticed that there is high potential relationship between park environment, park characteristics, proximity and others. The personal health benefits from the park usage is plenty provided there is consistency in the physical activity undertaken and the levels adopted. The benefits from physical activity in the parks is described in the following figure.

Figure 1
The relationship between parks and physical activity



The role of fitness in health

Physical fitness is an important factor in the ability of people to perform routine daily activities and an important issue from a public health perspective. Physical fitness has been defined as “the ability to carry out daily tasks with vigor and alertness, without undue fatigue, and with ample energy to enjoy leisure-time pursuits and respond to emergencies.”

Physical fitness has multiple components, including cardiorespiratory fitness (endurance or aerobic power), musculoskeletal fitness, flexibility, balance, and speed of movement (physical activity guidelines for americans 2nd edition).

Table1 Components of physical fitness

Cardiorespiratory fitness	The ability to perform large-muscle, whole-body exercise at moderate-to-vigorous intensities for extended periods of time.
Musculoskeletal fitness	The integrated function of muscle strength, muscle endurance, and muscle power to enable performance of work.
Flexibility	The range of motion available at a joint or group of joints.
Balance	The ability to maintain equilibrium while moving or while stationary.
Speed	The ability to move the body quickly

Physical activity guidelines for americans 2nd edition

A substantial body of research has examined the relationship between physical fitness—cardiorespiratory fitness and, in some cases, musculoskeletal fitness—and health outcomes. The findings show that greater physical fitness is associated with reduced all-cause mortality and cardiovascular disease mortality and reduced risk of developing a wide range of chronic diseases, such as type 2 diabetes and hypertension. To date, most studies were done in men, but new data indicate these relationships also exist in women.

Physical activity and physical fitness are related to each other, and both provide important health benefits. Increases in the amount and intensity of physical activity typically produce increases in physical fitness, particularly in those who are less physically active. The available evidence suggests that physical activity and physical fitness interact in their effects on a variety of health outcomes.

Some possible ways that fitness and health outcomes may relate to physical activity are:

Physical activity leads to improvements in physical fitness, and physical fitness causes improvements in health outcomes;

Physical fitness may modify the amount of the effect that physical activity has on health outcomes; or Physical activity can lead to improved physical fitness as a health outcome.

Statement of the problem

The minimum levels of physical activity is very essential across the age groups. The middle aged population especially in the city of bengaluru have limitations in terms of the physical activity they undertake and also the personal facilities they have. The neighbourhood parks are the best source they have which are accessible and also have facilities ensured to the age groups.

Objectives of the study

1. To review the existing literature on the physical activity in parks;
2. To understand the various factors influencing the physical activity in parks among the middle aged; and
3. To give constructive suggestions and recommendations

Scope of the study

The present study is restricted to the middle aged people drawn from various walks of life who are users of parks. The study involved the convenience sampling in drawing the samples in the city of bengaluru.

Limitations of the study

- The data provided by the respondents may not be fool-proof
- All the limitations of the tools used are applicable to this study
- There could be flaws in the samples chosen for the research

Methodology

Types of research

The current research work adopted descriptive survey, analytical, cause and effect method of research.

Sampling –universe

- All the middle aged people using the parks for physical activity in bangalore

Sample size

Research has taken up and surveyed 500 respondents in the city of bangalore by using convenient sampling.

Primary data

The primary data for the purpose of the current research work have been collected with the help of well-structured schedules and personal interviewing.

Secondary data

For the purpose of the study, secondary data are gathered from books, articles, reports, magazines, journals, and newspapers on the topic and internet information.

Analysis and interpretation of data

Level of physical activity and motivation among the middle-aged people

Table 2 Personal information of the respondents

Part of bengaluru	Frequency	Percentage
North bengaluru	112	22.4
South bengaluru	132	26.4
East bengaluru	88	17.6
West bengaluru	84	16.8
Central zone	84	16.8
Total	500	100.0

Gender	Frequency	Percent
Male	250	50.0
Female	250	50.0
Total	500	100.0
Age in years	Frequency	Percent
36-40	136	27.2
41-44	116	23.2
45-50	108	21.6
51-55	140	28.0
Total	500	100.0
Educational qualifition	Frequency	Percent
Illiterate	64	12.8
Secondary	72	14.4
Higher secondary	68	13.6
Ug	72	14.4
Pg	80	16.0
Diploma	68	13.6
Any other please specify	76	15.2
Total	500	100.0

The above table depicts the number of respondents from different part of bengaluru city. Majority of the respondents are from south bengaluru (26.4%) and from north bengaluru (22.4%)

The total number of respondents considered for the current research programme is 500. Male and female respondents each account for 50% of the total.

It is observed from the above table that 28% of the respondents are between the age group of 51-55 years. 27.2 % of them are between 36-40 years of age, 23.2% belong to 41-44 years age group and lastly 21.6% of them are between 45-50 years.

The question was designed to determine the respondents' qualifications. From the above table 16% of the respondents are post graduates. 15.2% of the respondents belong to the others which was specified by them. 14.4% of the respondents are secondary and under graduates. 13.6% of the respondents are higher secondary and diploma. 13% of the respondents are diploma qualified and lastly 12.8% of the respondents are illiterate.

Table 3 Marital status and occupational status of the respondents

marital status	Frequency	Percent
Married	240	48.0
Unmarried	260	52.0
Total	500	100.0
Occupational status	Frequency	Percent
Casual / contract labor	44	8.8
Agriculture	48	9.6
Professional	80	16.0
Service	76	15.2
Business	84	16.8
Domestic work	56	11.2

Garments	48	9.6
Any other	64	12.8
Total	500	100.0

The above table shows that 52 % respondents were unmarried followed by 48% are married.

Above table indicate that 16.8% of the respondents are business persons, 16% of the respondents are professional, 15.2% of the respondents are from service sector, 12.8% of the respondents belong to the others which was not specified by them, 11.2% of the respondents are domestic workers, 9.6% of the respondents are agriculturist and garments works. Lastly 8.8% of the respondents are casual / contract labors.

Table 4 Frequency of pa in parks

Frequency of physical activity	Frequency	Percent
Once	176	35.2
Twice	116	23.2
Thrice	208	41.6
Total	500	100.0
Duration of physical activity	Frequency	Percent
Lessthan20minutes	124	24.8
20-40minutes	128	25.6
40-60minutes	108	21.6
60minutesandabove	140	28.0
Total	500	100.0
Type of physical activity perform	Frequency	Percent
Walking	56	11.2
Running/jogging	64	12.8
Yoga/meditation	76	15.2
Exercises	88	17.6
Stretching	64	12.8
Spend leisure time	92	18.4
Others	60	12.0
Total	500	100.0
Persuations for doing the physical activity	Frequency	Percent
Personal hobby	64	12.8
Friends	68	13.6
Social networking	88	17.6
Health awareness	156	31.2
Leisure activities	80	16.0
Others	44	8.8
Total	500	100.0
Time frame	Frequency	Percent
Before pandemic	232	46.4
After pandemic	268	53.6

Total	500	100.0
Reason behind pa	Frequency	Percent
Due to pandemic	120	24.0
Health issues	132	26.4
Social affinity	104	20.8
Leisure time	144	28.8
Total	500	100.0

Above table indicate the frequency of physical activity in the park by the respondents. From the responses, it is found that 41.6% of the respondents visit thrice in a week to the park. 35.2% of respondents visit once and 23.2% of them visit twice for park to do physical activities.

The above table shows the duration of physical activities performed by the respondents. 28% of respondents engage in physical activities for 60 minutes or more, 25.6% engage in physical activities for 20-40 minutes, 24.8% engage in physical activities for less than 20 minutes and 21.6% engage in physical activities for 40-60 minutes.

The above table depicts the type of physical activity performed by the respondents in the park. 18.4% of respondents simply visit the park to pass the time. 17.6% of respondents exercise, 15.2% practice yoga and meditation, 12.8% run/jog/stretch, and 11.2% walk.

The factors influencing respondents to participate in physical activity in the park was mustered from the sample respondents. 12.8% and 13.6% of the respondents engage in physical exercise as a personal passion and are motivated by friends, respectively. Other reasons for participating in physical activity include health consciousness (31.2%), social networking (17.6%), time pass (16%), and personal hobby (12.8%).

Covid-19 pandemic brought a parading shift in the health consciousness of people awareness towards physical activity and lack of mobility were the reasons that made people to turn towards physical activity in parks. Accordingly, 53.6% of the respondents began going to parks to engage in physical activity after the pandemic. However, prior to the pandemic, only 46.4% of respondents planned to go parks to engage in physical activities.

The reasons given by respondents to begin physical activities were collected for the study. 28.8% of respondents indicated it to be for recreational purposes, 26.4% for health reasons, 24% of respondents indicated that they wanted to engage in physical exercise because of the pandemic and 20.8% of respondents said they visit parks to socialize.

Table 5 Anova table for physical activity in the parks and personal factors of the sample respondents

		Sum of squares	Df	Mean square	F	Sig.
Residence of respondent	Between groups	369.767	4	92.442	1.809	.126
	Within groups	25291.935	495	51.095		
	Total	25661.702	499			
Gender	Between groups	.162	1	.162	.003	.955
	Within groups	25661.540	498	51.529		
	Total	25661.702	499			
Age	Between groups	259.220	3	86.407	1.687	.169
	Within groups	25402.482	496	51.215		
	Total	25661.702	499			
Educational qualification	Between groups	288.660	6	48.110	.935	.470
	Within groups	25373.042	493	51.467		
	Total	25661.702	499			

Marital status	Between groups	81.157	1	81.157	1.580	.209
	Within groups	25580.545	498	51.367		
	Total	25661.702	499			
Occupational status	Between groups	372.330	7	53.190	1.035	.406
	Within groups	25289.372	492	51.401		
	Total	25661.702	499			
Choice of the park	Between groups	564.447	3	188.149	3.718	.011
	Within groups	25097.255	496	50.599		
	Total	25661.702	499			

The anova result indicates that various factors related to participation levels and residence of respondent, gender, age , educational qualification, marital status, occupational status, choice of the park do not differ significantly ($p>0.05$) concerning the frequency of orders at 5 percent level.

Key findings

- The neighborhood parks are sought after by the residents for physical activity in urban areas. The fact remains that they are underutilized, especially for youngsters and where the physical activity sought is moderate to vigorous
- The specific requirements of the park users need to be assessed to increase the utility
- The parks have different orientations from different cultural and ethnic clusters, different genders, and different age groups
- The parks undergo renovations, but the marketing, accessibility and the assessing utilization rate is important for encouraging the greater use of parks for physical activity
- The majority of the park users are middle aged and seniors but if the parks provide facilities, then the target group can be diversified to ensure the increased visits to parks

Recommendations

- Target efforts to increase park-based physical activity to specific populations. One option for increasing park use among some underserved populations might be to offer group exercise activities that promote both exercise and social interaction.
- Offer more supervised activities and engage in marketing efforts to reach potential users. Marketing efforts are likely to be especially important in low-income neighborhoods, where parks might not be meeting the needs of local residents.
- Carefully target investments in new facilities to increase park use for physical activities. Such features as walking loops might be the most-beneficial investments for adult and senior users. Another promising option would be to increase the number of parks so that most people would reside within a half-mile journey or ten-minute walk to a park as a common national standard.
- Park managers, who are best positioned to understand the needs of their local populations, should define benchmarks for optimal use of local parks. Managers can begin by identifying how many people are currently using the parks for moderate to vigorous physical activity, which groups are underrepresented among park users, how much physical activity the parks can support, and how the parks can best attract that level of users on a routine basis.

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