

GENDER BASED PHYSICAL ACTIVITY PROFILE OF PGT/TGT/PRT GOVERNMENT SCHOOL TEACHERS IN HARYANA

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ABSTRACT

This study investigates the levels of physical activity among PGT/TGT/PRT Government School Teachers in Haryana, recognizing the broader health implications associated with physical activity. Emphasizing the benefits of regular physical activity, including stress relief and increased life expectancy, the research focuses on a sample of 138 school teachers, encompassing both male and female participants from various regions in Haryana. Primary data is collected through the International Physical Activity Questionnaire (IPAQ) developed by Dr. Cuisle Forde. Utilizing descriptive statistics and graphical analysis, the study reveals a noteworthy shift in the lifestyle patterns of female teachers compared to their male counterparts. Female teachers exhibit significantly higher engagement in both moderate (73.85%) and high (10.77%) physical activities, surpassing the levels reported by male respondents (53.42% and 1.37%, respectively). These findings underscore the importance of gender-specific considerations in promoting physical activity among government school teachers and suggest potential areas for targeted interventions to enhance overall health and well-being.

Keywords: Government, Physical Activity, Male, Female, PGT, TGT, PRT, School, Teachers

Introduction:

There is a broad variety of physical activities that need a significant amount of energy to fulfill their requirements. There are activities that are associated with employment, as well as activities that are done only for the sake of enjoyment. These activities are included in this category. A multitude of health advantages, including improvements in both mental and physical health, are connected with participating in regular physical exercise, as stated by the World Health Organization (WHO). This is true regardless of the intensity or mildness of the activity that is being performed. Nevertheless, there is a concerning tendency toward sedentary lives all across the globe, and this is true regardless of a person's gender or the degree to which they are financially established. This is the case regardless of whether or not they are physically active.

Levels of Physical Activity Worldwide:

- Over 1.5 billion adults do not meet the recommended daily allowance for physical activity.
One-quarter of men and more than a third of women don't exercise enough to maintain a healthy weight.
- There is double the amount of inactivity in countries with high incomes as there is in low-income ones.
- Since 2001, there has been little change in physical activity levels, despite worldwide health campaigns.
- Between 2001 and 2016, there was a 5% rise among high-income nations with inadequate activity.
- In 2016, 25% of people throughout the world did not exercise for the recommended 75 minutes of vigorous effort or 150 minutes of moderate intensity per week.
- The percentage of insufficiently active men and women increased from 12% and 24% in low-income countries to 35% and 26% in high-income nations, respectively.
- There is a worldwide problem among adolescents (those between the ages of 11 and 17): 81% are not active enough, and females are less active than boys.

Objective of the Paper:

The major objective of this research is to determine the extent to which male and female PGT/TGT/PRT teachers working for the government in Haryana engage in high levels of physical exercise.

Sample Size:

A sample comprising 138 PGT/TGT/PRT Government School Teachers, representing both male and female participants, was carefully selected for this study.

Data Collection:

For the purpose of accomplishing the goal of the research, primary data is collected via the use of the International Physical Activity Questionnaire (IPAQ), which is a well-known instrument for determining the levels of physical activity. It is the purpose of these results to add insights on the patterns of physical activity that school teachers engage in, with the potential to have implications for treatments pertaining to health and well-being.

Data Analysis and Interpretation

Table 1: Teachers' Levels of Physical Activity, Male and Female

Physical Activity Level	Male		Female	
	Frequency	Percentage	Frequency	Percentage
Low	33	45.21	10	15.38
Moderate	39	53.42	48	73.85
High	1	1.37	7	10.77
Total	73	100	65	100

According to Table 1, over half of the male respondents were classified as having low physical activity levels, nearly half were classified as moderately active, and only a small percentage, 1.37 percent, were classified as extremely physically active. Nevertheless, when it regards Physical Activity Level, the table shows that female respondents are significantly more active than male respondents in the moderate and high categories, with percentages of 73.85% and 10.77, respectively. This indicates a notable shift in the lifestyle choices made by female teachers regarding physical activity. On the other hand, compared to men, fewer women engage in low-intensity physical exercise (15.38%).

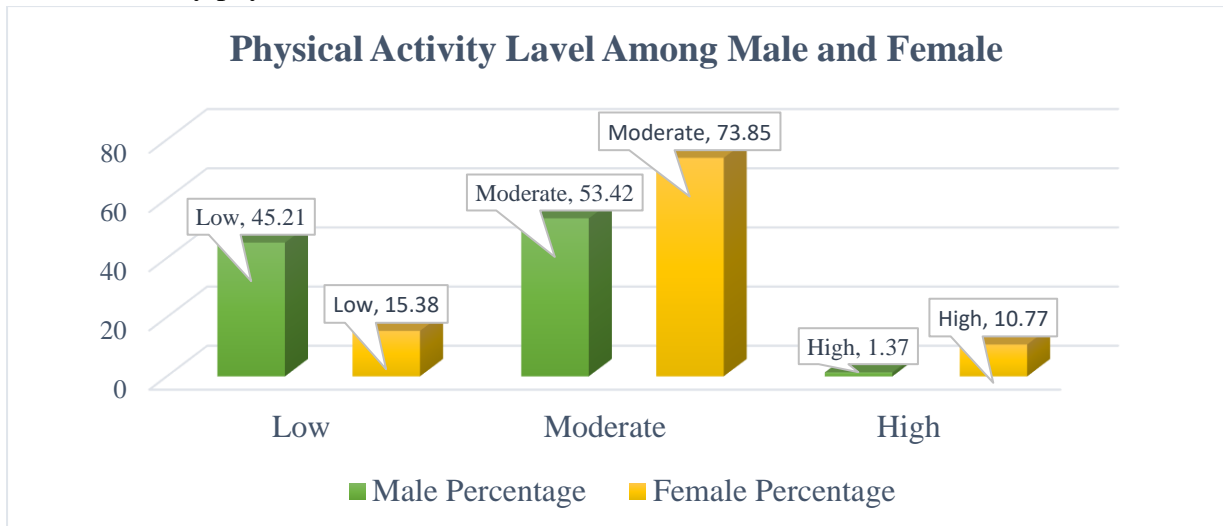


Figure 1: Activity Levels of Male and Female Educators

Table 2: Teachers' Levels of Physical Activity (PGT, TGT, and PRT)

Physical Activity Level	PGT		TGT		PRT	
	Frequency	Percentage	Frequency	Percentage	Frequency	Percentage
Low	1	1.61	4	12.5	3	6.82
Moderate	39	62.90	16	50	32	72.73
High	22	35.48	12	37.5	9	20.45
Total	62	100	32	100	44	100

According to Table 2, the percentage of PGT respondents who were active varied as follows: 1.61% exhibited low physical activity, 62.90% moderate activity, and 35.48% high physical activity. But among TGT participants, 12.5% were active at a low level of physical activity, 50% were moderately active, and 34.5% were regarded as very active. According to the data in the table, 6.82% of the PRT participants were classified as having low physical activity levels, 72.73% as moderate, and 20.4 percent as very active.

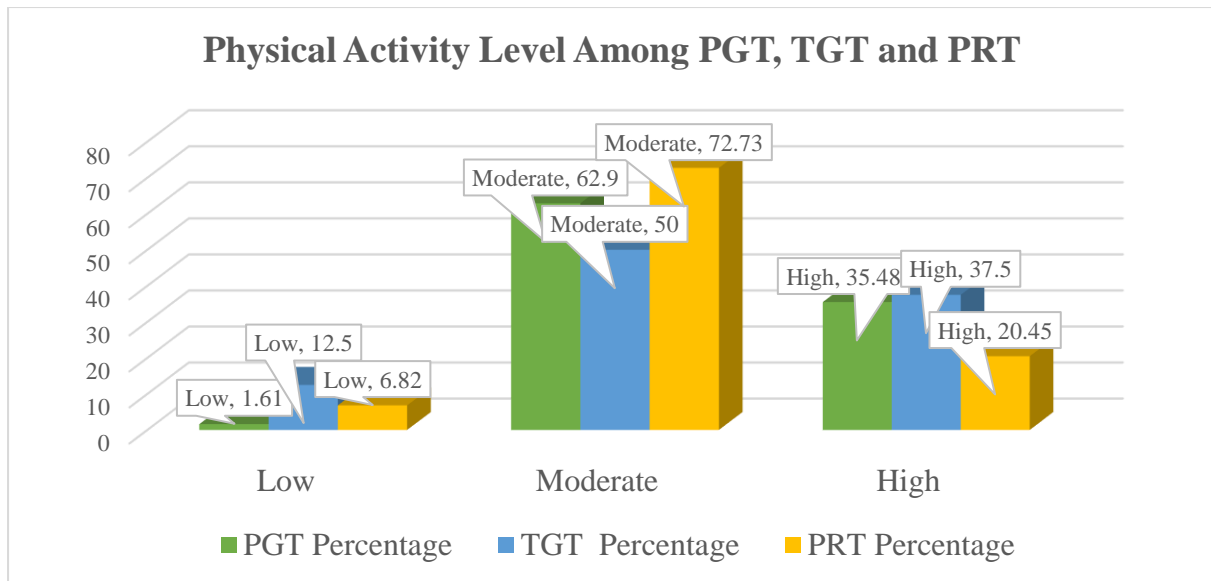


Figure 2: Percentage of Physical Activity Level Among PGT, TGT and PRT Teachers

Conclusion

It is clearly stated in Table 1 that female respondents are ahead of male respondents in terms of moderate and high physical activity as the percentage level is almost higher than that of male participants. However, a mixed result is found while comparing the PGT, TGT, and PRT respondents. TGT respondents are found to be more active at Low Physical activity with 12,5% while PRT respondents are more active at moderate physical activity with 72.73% and TGT respondents again stand at a high position in terms of high physical activity with 37.5%. It can be said on the basis of this study that there was a time when the female population was far behind in physical activity level, but nowadays they are much more aware of their health and have more percentage in case of moderate and high physical activity when it comes to the percentage of male respondents. So, there is a clear difference between the studies done in this particular direction and the present particular study.

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