

# Leisure Activity Pattern Among Non - Tribal Paramedical Female College Students of Tripura: A Cross - Sectional Study

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**Abstract:** *The present research study aimed to investigate the varieties of leisure activities chosen by the female paramedical non - tribal students of Tripura. The study found that, BMI value is within normal range which indicates good health status of the participants and also good impact of leisure activities on health. Most popular leisure activity was found to be internet surfing, followed by dancing, singing, cooking, gardening, physical activities and reading books. In internet surfing most participants love to play games in mobile as their leisure activity. No health issues had been reported by the participants.*

**Keywords:** Leisure Activity, Female Non - Tribal, College Students, Paramedical

## 1. Introduction

It is impossible to overestimate the importance of extracurricular activities for college students in the hectic and demanding world of higher education. It becomes more and more obvious that young brains need to strike a good balance between work and play as they negotiate the demands of academic life and strive for excellence. Recreational activities are essential for fostering overall well - being because they give kids a chance to relax, refuel, and develop personally. Outside of classrooms and study spaces, leisure activities offer an essential means of decompressing, being creative, and fostering social connections. This study examines the range of recreational pursuits among tribal female college students in Tripura, highlighting their significance in improving mental health, encouraging academic achievement, and fostering the general growth of well - rounded people.

Numerous studies have been conducted to date on the impact of extracurricular activities on college students' academic performance across a range of nations (Erinjeri & Lobo, 2023; Turkson et al., 2021; Leung & Lee, 2012). These researchers assert that recreational activities of any kind improve pupils' academic achievement across all educational levels. Rather than focusing on different types of leisure activities, more attention has been paid to the context and impact of leisure activities. Diversifying the student's free time activities not only reveals their areas of interest but also their hidden skills. The variety frequently aids in determining the cultural influence on the student's life and activities.

Numerous studies on recreational activities have been conducted on Ghanaian junior high school students (Turkson et al., 2021), Spanish secondary school students (Álvarez Muñoz & Hernández Prados, 2023), French teenagers (Lieury et al., 2014), and many other groups of students. According to the data from the literature review, no research has been done

on the differences in the recreational pursuits of Tripura's non - tribal female paramedical college students. The current research team made an effort to thoroughly examine the many leisure pursuits that female non - tribal college students have taken an interest in and are currently engaged in. The impact of culture on the subjects under investigation will also be highlighted in this study.

## 2. Material and methods

Female college students between the ages of 19 and 21 who were selected from non - tribal groups were the subjects of this cross - sectional survey, which was conducted in paramedical colleges throughout West Tripura between December 2023 and January 2024. All of the subjects gave their informed consent, and the exclusion criteria included having at least one obese parent, taking medication for a condition for longer than three months, smoking and drinking regularly, having a history of diabetes mellitus in the family, and/or having genetic health issues. An anthropometric measurement tool and weighing machine are used to measure height (cm) and weight (kg) and compute their Body Mass Index (BMI). Leisure activity pattern was noted with the help of the face - to - face interview method. A total of 500 female non - tribal students have participated in this study.

## 3. Results

A total of 500 non - tribal female students responded. The baseline characteristics of the students are given in **Table 1**.

**Table 1:** Baseline health parameters of the subjects under study

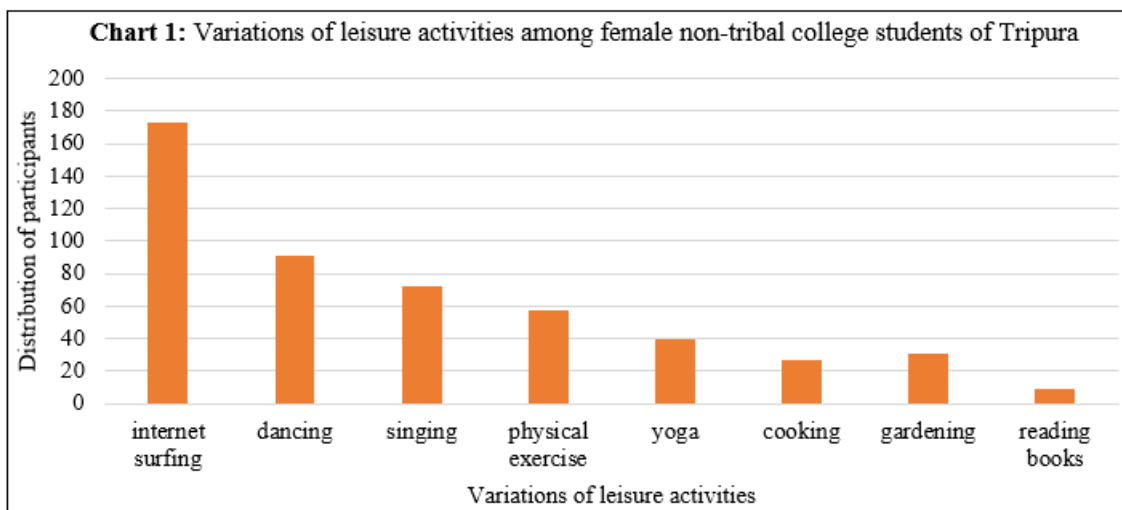
Parameters	Value
Age (years)	19.3 ± 1.72
Height (cm.)	155.2 ± 6.32
Weight (Kg.)	52.0 ± 4.51
BMI (Kg. /m <sup>2</sup> )	22.4 ± 3.25

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The variations of leisure time activities are shown in Chart 1.



It is clear from Chart 1 that the most involved leisure activity among the non - tribal female college students is internet surfing. Out of a total of 500 participants, 173 students are involved in the Internet during their leisure period which is almost 35% of the total population studied. A total of 91 female students have chosen dancing as their leisure time activity, which is almost 18% of the total participants. The third most popular leisure activity among female non - tribal college students is singing. Almost 14% of the total participants prefer singing during their leisure periods.

Physical exercise comes next to singing and 57 participants are found to be engaged in that. This constitutes almost 11% of the total population under study. A total of 40 students are found practicing yoga during their leisure period which constitutes almost 8% of the total sample studied. Only 27 students spend their leisure time cooking and they are 5% of the total population surveyed. Gardening has been chosen as a leisure activity by only 31 students (6% only). Only 9 students opted to read books during leisure time of the day (2% of the whole population).

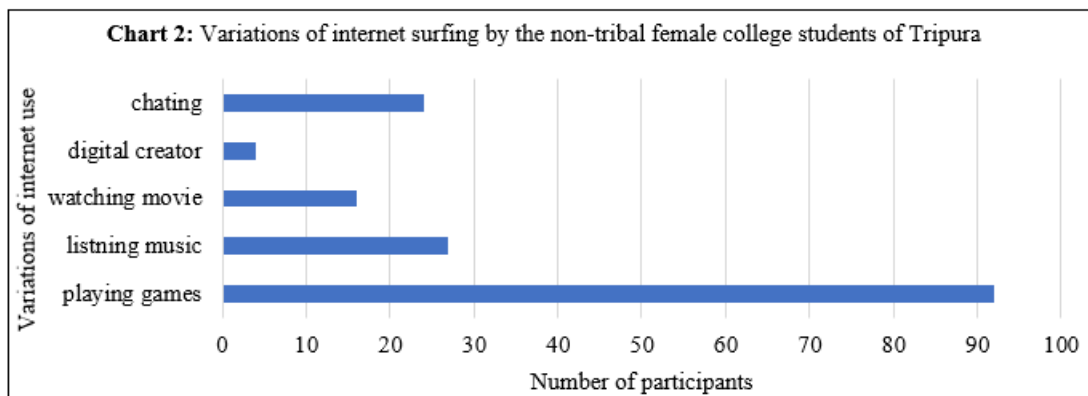


Chart 2 clearly shows the varieties of the Internet used by the participants in the survey. Out of 173 internet surfers, during leisure time, 24 students chat with friends mostly and families. The next most popular segment is games. A total of 92 students out of 173, love to play games on the internet. A total of 16 students watches movies in their leisure period and 27 students mainly listen to music. Only 4 digital creators are found who prepare content for Facebook and Instagram accounts.

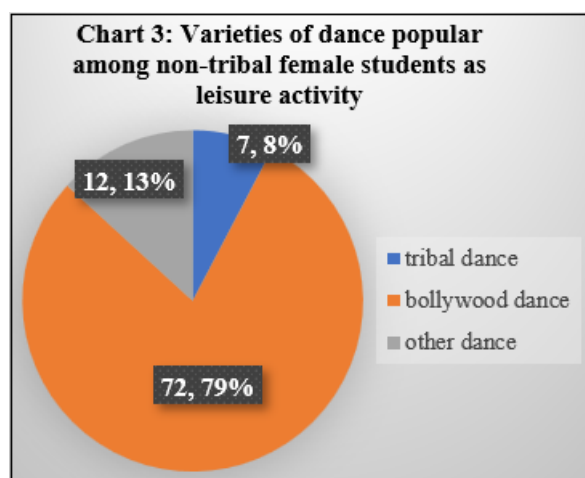


Chart 3 indicates the popular dance activities of the non - tribal female paramedical students as leisure activities. It is

clear from the chart that 18% of the total participants, who opted for dancing as their leisure activity are involved in Bollywood dance which is a very popular dance among the non - tribal females of Tripura. Tribal dance is practiced by 7 females who constitute 8% of the total participants who chose dance as their leisure activity. Only 13% (12 participants) do some other dance like Bharatanatyam, Kathak etc.

Regarding singing, most of the students love to sing filmy songs and few of them are fond of singing tribal songs. Mostly freehand morning exercises are included under the physical activity category. Some of the participants used to practice yogic poses regularly. Regarding cooking, they love to cook traditional dishes which include dry fish. Gardening includes potting seasonal flowering plants. The 9 participants who love to read books during their leisure period have a fondness for reading social, adventure, and horror stories.

#### 4. Discussion

Tripura is a northeastern state of India, known for its rich cultural diversity and vibrant tribal communities. The state is home to various indigenous tribes, each contributing to the unique tapestry of Tripura's social fabric. The major tribes in Tripura include the Tripuris, Reangs, Jamatias, and Halam, among others. These tribal communities have preserved their distinct customs, languages, and traditional practices over the centuries, adding to the state's cultural mosaic. The picturesque landscapes of Tripura are dotted with tribal villages, where traditional craftsmanship, folk dances, and rituals are integral aspects of daily life. After the partition of India, many Bengali Hindus migrated to Tripura and gradually settled there along with the tribal communities. In recent years, there has been a notable increase in the enrollment of tribal and non - tribal girls in colleges across Tripura, highlighting a positive shift towards empowering women through education. Many overcome socio - economic challenges and geographic barriers to access higher education, showcasing their tenacity and determination. Female students from non - tribal communities actively participate in cultural events, showcasing traditional dances, music, and art forms that contribute to the vibrant college atmosphere. The presence of these college students not only fosters diversity but also contributes to breaking gender stereotypes, fostering a new generation of empowered women who aspire to make a positive impact on their communities.

Regarding the primary choice of leisure activity by non - tribal female college students under study, internet surfing comes in first position. Lots of work has been done regarding the keen interest of students at all levels, for internet (Li et. al., 2021; Salarvand et. al., 2022; Yang et. al., 2022; Zenebe et. al., 2021). Some research workers tagged this interest as 'addiction', which is harmful for the health as well as academic interest of the student community. With the broad use of internet, the whole world came within the palm of the hand of us, which has both helpful as well as detrimental effects on human being and their social gesture. Sen et. al. in 2024 studied the leisure activity pattern of tribal paramedical college students and found the same result. The present result differs from the study involving tribal female students from the standpoint that, in internet surfing main preference was given to chatting, where as in the present study playing games

was found to be the primary choice. The value of BMI ( $\text{Kg/m}^2$ ) has been found to be normal among these students which indicate a good health status of the students (Sengupta et. al; 2023). So, it can infer from the present study that internet use during leisure period does not harm the overall physique of the female college going non - tribal students of Tripura studying paramedical courses. Most of the students reported to do chatting with family and friends during leisure time, which relaxes them from the stress of entire day. As reported, they also discuss their notes through chatting and exchange assignments and class notes during leisure time. Online games are also popular leisure activity among students, as they relax their mind through it. Some of the students reported that if they win the game, they are much motivated. Some research work has been done on internet use by paramedical students worldwide. Johani et. al. (2020) studied internet use rate of paramedical student of Urmia and stated that the rate of online dependency is moderate, and students lack sufficient awareness about internet addiction. If internet use is not controlled and excessive, it can have both positive and bad effects. Bazrafshan et. al. (2019) studied the relationship of depression and internet use on the paramedical students of Iran and stated that if used without self - control, internet use may cause depression among students. There is a moderate incidence of addiction among students without significant gender disparities, according to a cross - sectional study conducted among medical and paramedical students in many Iraqi colleges (Kamil & Yousif, 2022). Shirazi et. al. (2016) conducted a research work involving nursing students of paramedical college. The results demonstrated a substantial relationship between depression and Internet addiction in nursing students of Hazrat Zainab school of nursing and Gerash Paramedical School, located in the southern portion of the Fars province. As per the literature review, no work has been done on variation in leisure activity among paramedical female non - tribal college students of Tripura.

Regarding dancing as the second most popular leisure activity, It can be stated that, non - tribal female population of Tripura love to maintain the traditions and also to live and mingle within same group of people and their tribal counterparts. They are usually interested in Bollywood and South Indian dance steps. Few of them practice kathak and Manipuri dance styles. They can also perform Bihu as well.

As no research work has been done so far on the leisure activity pattern of non - tribal female paramedical college students of Tripura, it is not possible to compare data from the same population. As far as the singing goes, they are found to be the followers of Bollywood filmy songs. Even in the college function as well as in various social gathering also, they love to sing trending Bollywood songs. Regarding their interest in physical exercise and yoga, most of them like to do morning free hand exercises along with Surya namaskar. Other yogic pose includes several asanas which are practiced in India from ancient times. Zumba dance is also reported as a part of their physical exercise. Regarding cooking as their leisure activity, they usually cook during festive seasons and try various tribal dishes along with their tribal friends. Dry fish curry is a famous dish they love to cook, as reported. Most of the participants have small area in front of their house where seasonal plants are planted. They usually take care of their garden after coming back from college or on holidays.

## 5. Conclusion

The present study found that non-tribal female paramedical college students are involved in different types of leisure activities. The most popular among all is internet surfing, within which playing games is given the first preference. Next to internet surfing is dancing which reflects the rich cultural heritage of the community. Third most popular leisure activity is found to be singing which also reflects the cultural face of the people. All leisure activities mainly aim to reduce the whole day academic stress.

## 6. Limitations

The study samples are subject to limitations pertaining to age, educational attainment, and communal standing. The homogeneity of the samples may be reflected in the results. Samples from various age groups should be included in future research to provide a fair comparison with tribal counterparts. The study's scope was limited to the western region of Tripura. There may be additional regions included.

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