

A Comparative Study of Physical Wellness between under Graduate and Post Graduate Students of Different Professional Courses

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Abstract: ***Purpose:** the purpose of the study was to assess and compare Physical Wellness between under Graduate and Post Graduate Students of different Professional Courses. **Materials and Methods:** Thirty two male students of different professional courses (4 from each profession) were selected from D.A.V.V Indore M.P. Age of the subjects were being ranging from 19 to 28 years. Physical Wellness Assessment as traits of Life style was considered as dependent variable. Physical wellness was measured by 'Life-Style Assessment Inventory' developed by Anspangh David S. Michal, H.Hamrich and Fran D. Rosato. To assess and compare Life Style related variable (Physical wellness) between undergraduate and post graduate students, Descriptive statistics and Independent T- test was used. **Results:** Mean and Standard deviation for under graduate and post graduate students was found 65.0 ± 17.89 , 61.25 ± 7.68 respectively in relation to physical wellness assessment at .05 level and t value of physical wellness was .770 which was found less than the required value 2.042 at 30 df. **Conclusions:** 1) Insignificant difference was found between the means of under graduate and post graduate students in relation to Physical wellness assessment. 2) Under graduate students were having greater mean of Physical wellness in comparison to post graduate students.*

Keywords: Life style, Professional Courses, Physical Wellness, Postgraduate, Undergraduate

1. Introduction

Physical wellness involves the care for and the knowledge of our body toward the realization of optimal health, comfort and strength for the fulfilment of personal mission. It is achieved in part through understanding of the body and the forces and factors that affect it, and through the pleasurable exercise and cultivation of its functions. The highest expressions of physical wellness are found not only in examples of athletic excellence, but also in our care for our physical safety and health for the sake of those who depend on us [1]. Physical Wellness means taking care of one's self through healthy eating, active living, and self-care practices which support optimal development and functioning. [2]. Understanding the relationship between your body's physical health and mental health is crucial in order to develop a balanced physical wellness. When you take the route to physical wellness you will learn to understand how your body performs physically and are able to connect it to how you feel mentally. Physical wellness encourages principles of good health and knowledge, which affect behaviour patterns that lead to a healthy lifestyle. [3]. under graduate and post graduate affects the physical wellness because under graduate students are new in experience but due to spend long time post graduate students do not interested to take a part in physical activity so scholar is interested to know differences between under graduate and post graduate students in relation to physical wellness.

2. Objectives of the study

The main objective of the study was to assess and to compare physical wellness between undergraduate and postgraduate students. Following sub objectives were formulated to achieve main objective of the study:-

- First sub- objective of the study was to assess life style related one variable (Physical Wellness) among students

of undergraduate and post graduate of different Professional course (Institute of management science, Institute of Engineering Technology, Institute of Pharmacy and Physical Education).

- Second sub- objective of the study was to compare physical wellness between undergraduate and post graduate students.

3. Material and Methods

The subjects for this study were selected from Devi Ahilya Vishwavidyalya Indore Madhya Pradesh. A total of thirty (32) male students was selected, four (4) from each profession (Physical Education, Institute of Business management, and institute of Engineering technology) of Devi Ahilya Vishwavidyalya Indore Madhya Pradesh . Age of the subjects was being ranging from 19 to 28 years. Physical wellness was measured by „Life-Style Assessment Inventory“ developed by Anspangh David S. Michal, H.Hamrich and Fran D. Rosato. Physical wellness was considered as dependent variable.

4. Results, Discussion and Conclusions

The statistical analysis of data was conducted on the Life style related variable (Physical Wellness) of thirty two male students of D.A.V.V Indore. The descriptive statistics [4] was applied to characterize the life style related trait (Physical wellness) among male students of undergraduate and postgraduate students. T- Test [6] used was also applied to compare the Life style related trait (physical wellness) between undergraduate and postgraduate students. The results are given in table 1, 2.

Table 1: Comparison of Physical Wellness between Undergraduate and Postgraduate students

| GROUP | MEAN | SD | t- value |
|---------------|-------|-------|----------|
| Undergraduate | 65.0 | 17.89 | .770 |
| Postgraduate | 61.25 | 7.68 | |

*significant at .05 level of significance

From the above table it is observed that the mean of undergraduate and postgraduate students is 65.0 and 61.25 respectively. After applying “t” test it is found that the t-ratio is .770 which was insignificant at the 0.05 level of significance. This table has shown in figure 1

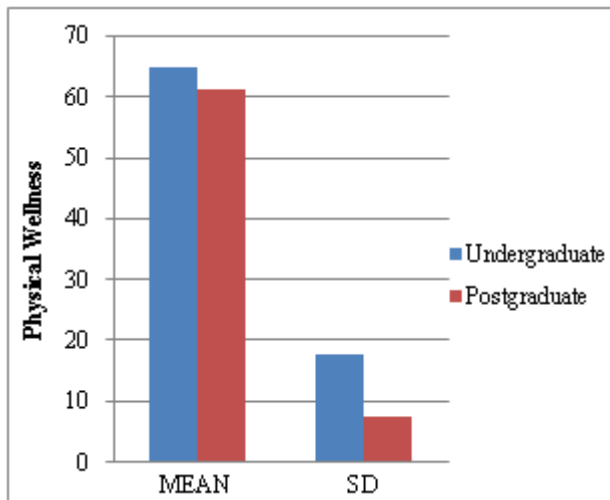


Figure 1: Comparison of Physical wellness assessment between undergraduate and post graduate students

5. Discussion of Findings

On the basis of result it was concluded that insignificant difference was found between undergraduate and postgraduate students in relation to physical wellness, this might be due to that both level of students were same university so they have similar opportunity to participate in sports and they have same environment to aware about the physical activity. Davorka Vrdoljak, Bergman Marković et al (2014) conduct study on “Lifestyle intervention in general practice for physical activity, smoking, alcohol consumption and diet in elderly: A randomized controlled trial “The purpose of the study was to compare the effectiveness of programmed and intensified intervention on lifestyle changes, including physical activity, cigarette smoking, alcohol consumption and diet, in patients aged ≥ 65 with the usual care of general practitioners (GP) and concluded that There was no significant difference between the groups in physical activity, tobacco smoking and alcohol consumption or diet after the intervention. In conclusion, an 18-month intensified GP’s intervention had limited effect on lifestyle habits. GP intervention managed to change dietary habits in elderly population, which is encouraging since elderly population is very resistant regarding lifestyle habit changes [7].

6. Conclusions

- Insignificant difference was found between undergraduate and post graduate students in relation to physical wellness.

- Under graduate students were having greater mean of Physical wellness in comparison to post graduate students.

References

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