



INTERNATIONAL JOURNAL OF ADVANCE RESEARCH, IDEAS AND INNOVATIONS IN TECHNOLOGY

ISSN: 2454-132X

Impact factor: 6.078

(Volume 6, Issue 3)

Available online at: www.ijariit.com

Research paper on physical activity and fitness patterns among university students in Mumbai

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ABSTRACT

Due to the increase in the workload and the observable increase in the competition amongst the youth, the health and fitness of oneself is put as a secondary priority amongst them. This research was conducted to test this very reason and to check its validity. As not many studies are carried out on targeting this specific set of population on this subject, this research was carried out to understand the physical activity patterns among university students and their perception towards the same. Descriptive research was carried out where a cross-sectional data on physical activity levels was collected (Self-reported data). The attitudes, motivations, demotivation, food consumption patterns and the perception of them regarding their health and fitness were collected from the respondents. A sample of 122 was used where there were 63 women and 59 men. This study gathered quantitative data through structured questionnaires to understand each of the objectives. Descriptive statistics were used to analyse data where the mean, median, mode and standard deviation was calculated, and a number of correlations were made using the same. It was found that respondents aging from 15-26 have low levels of physical activity. Moreover, when a comparison was made between the males and females on their levels of physical activity, women were found to do easier levels of physical activity. The BMI was likewise determined, so as to discover the class of weights that individual's fall into. While the vast majority expressed that practicing was imperative to them, they, despite everything neglected to work out for adequate hours per week. While individuals know and have the correct disposition towards working out, they have recently been unsuccessful when it came to really working out. At the point when it went to the reasons why individuals work out, the most well-known ones were to get fitter or more grounded or accomplish a positive inclination. Be that as it may, when it went to the demotivation of working out the most widely recognized reasons were the lack of time, energy and inspiration to work out. Some different elements that were a consequence of individuals being overweight were their temptations/cravings to eat fast food. A greater part of the respondents said that, they expended cheap food in any event 2-3 times per day. 15-26-year-old have busy lifestyles and hence are much harder to reach. A targeted intervention could be carried out in order to educate people about the importance of physical activity.

Keywords— Physical Activity, Fitness, University Students, Food Consumption

1. INTRODUCTION

This report understands the physical health and fitness patterns among the university students in Mumbai. The university students are seen hitting the gyms and being self-conscious in the recent day and age. Thus, this research's purpose is to study the level of physical activity, the general attitude and perceived impact of physical activity on health, food consumption patterns, the motivating factors and challenges faced while taking up fitness activities. The aim is to provide the colleges information about the university students of today, so that if necessary, actions can be taken accordingly. Physical activity is one of the most basic human functions and needs, which has benefits across the lifespan and has sufficient evidence that the university students believe and agree to the fact that physical activity improves: sleeping patterns, activeness and physical and mental wellbeing.

2. LITERATURE REVIEW

(Ajibade, 2011) This paper has studied physical activity patterns among African American female college students. The purpose of this study was to monitor a wide range of health-related behaviours among college students, including their diet and physical inactivity habits. Various demographics were assessed such as age, gender, residence, hours worked per week, health insurance, enrolment in physical education classes, sports team participation, height and weight. Body Mass Indexes were also calculated based on self-reported height and weight, which was used to check the various categories of BMI they fall into (underweight, overweight, normal and obese). This study also examines the relationship between campus housing and physical activity behaviours in a sample of African American female college students, as studies show that participants living on campus are more likely to meet the required amount of physical activity as compared to those living off campus. Physical activity was further divided into light, moderate and vigorous to check what activities these students are most likely to engage in.

(Baceviciene, Jankauskiene, & Emeljanovas, 2019) The paper titled Self-perception of physical activity and fitness is related to lower psychosomatic health symptoms in adolescents with unhealthy lifestyles, studied how physical activity, participation in sports and beliefs about personal physical activity and fitness are associated to their psychosomatic health complaints in relation to their lifestyles. The study was conducted on a sample of 3284 students (11-19 years old). A descriptive cross-sectional study was carried out where the sample was given self-administered questionnaires with questions regarding their physical activity, physical fitness perception, lifestyle, sports participation, etc. A nested random sampling was used, where 20 schools were selected across the country. Self-perceived physical fitness (SPSF) was assessed by a single question: students were asked to score their own fitness as 'very fit', 'fit enough', 'average fitness', 'a little unfit' or 'very unfit' when compared with others. Tobacco smoking and alcohol consumption was also analysed. Moreover, the authors also calculated the body mass index of the sample and divided them into categories of under-weight, normal-weight, over-weight and obese. The study also assessed the screen-time behaviours of the sample on school days.

(Poobalan, Aucott, Clarke, & Smith, 2012) This paper studied the physical activity attitudes, intentions and behaviours among 18-25 years old. The purpose of this study was to explore physical activity (PA) behaviour among 18–25 years old with influential factors including attitudes, motivators and barriers. An explanatory mixed method design was used where a two-phased study was carried out which started with the collection of quantitative data (questionnaire) followed by qualitative data (focus group). The questionnaire included demographic factors including self-reported height and weight; three PA behaviours (active exercise, hours of TV watching and time spent on computer/games console), attitudes, subjective norm, perceived behavioural control (PBC), intention towards physical activity and barriers and facilitators for achieving recommended levels of physical activity. The focus group discussions related to actual physical activity behaviour, the importance and perceived relevance of regular exercise at this stage in life and in the future, positive and negative outcome expectations of regular exercise, perceived and actual barriers to undertaking regular exercise, self-efficacy and exercising control over undertaking regular exercise, and finally factors that might facilitate and encourage regular exercising. Associations were also made between physical activity and the body mass index (BMI).

(Eichorn, Bruner, Short, & Abraham, 2018) This study was driven towards determining the factors that affect the exercise habits of college students. The data was collected through survey method from 127 participants with majority of them being college students (97%). A bunch of questions were asked to know the factors that would lead to the crux that leads all the college students to exercise. These questions further included a mix of physical factors, psychological factors and other factors. On receiving the results of these questions, a mean and standard deviation (SD) for all the factors was found and was arranged in the manner of arranging these factors with the highest mean to the lowest and the results were inferred. Through the survey it was seen that they exercise because they want to remain healthy, followed by the good feeling they get after they exercise. All in all, it was found that of the top 5 reasons of why the students would exercise, three of them were psychological factors even though the highest one is the one with a physical factor of remaining healthy. The study thus indicates us in a direction that there's not just a physical motive of being healthy but there's even a psychological motive, rather many psychological motives that encourage a student to exercise.

(Fagarasa, Radub, & Vanvuc, 2015) The study in this paper was done to find out the levels of physical activities in university students in general and the disparity of the levels of physical activity between the two genders i.e. males and females. 333 subjects participated in this study. The measurements of these students' heights and weights were taken and their Body Mass Index (BMI) was calculated. Post this, a questionnaire was distributed amongst them, which asked them to note their vigorous, moderate walking activity and a combined total activity score, and was recorded in MET form. A mean and SD was calculated of this Vigorous, Moderate and walking activity and was analysed. This analysis leads to a few observations. The BMI of males is higher than females. There was no barely any disparity between the walking MET and the moderate MET, but a significant difference was seen in the vigorous MET with males scoring significantly more than females.

(S, A, & M, 2014) The author of this paper titled, "Attitudes Towards Physical Activity and Exercise Participation - a Comparison of Healthy-Weight and Obese Adolescents aimed to investigate the differences in attitude between obese and healthy-weight range adolescents towards physical activity and exercise participation. The paper also explored to what extent current exercise behaviour is associated with exercise related attitudes in obese and healthy weight range adolescents. A sample of 395 students were taken who were not participating in clinical obesity treatments and a sample of 16 was taken from a non-stationary obesity treatment program which was a year intensive therapy program for obese children and adolescents. To measure the attitudes towards physical activity and exercise, the "Assessment of Attitude Towards Physical Activity and Sport- Participation" (Erdmann R.) questionnaire was used. The questionnaire assessed 5 types of attitudes namely training and competition, beauty or elegance, danger or risk, social contact and health and fitness, with dichotomous option of 'agree' or 'disagree' to choose from. All these questions were personally administered with the help of an investigator and immediately the questionnaire the subject's height and weight were measured. To compare the attitude of healthy and obese children towards exercise, the Mann-Whitney-U-Tests were conducted. It was found that

healthier children showed a positive attitude towards exercise as compared to their obese counterparts. It was also found that the attitudes differed from the level of physical activity they engaged in. In the end stating no conflict of interest concludes the researcher.

(Belton, O' Brian, Meegan, Woods , & Issartel , 2014) This paper aimed to collect data on adolescent youth for the purpose of developing a targeted physical activity intervention with an underlying assumption that the levels of physical activity in the youth reduces drastically during adolescence and prepare a Y-path intervention accordingly. The research used cross-sectional data on physical activity levels. They collected data for the same through self-report and accelerometer. The sample size was of 256 participants spread across four schools (one all-male, one all-female and two co-ed schools). There was also a focus group conducted with a sub sample of 59 students to get their opinions on staying healthy, motivations and barriers to pursuing physical activity. It was found that student normally associated being healthy to eating right and exercising; on the other hand some students associated it with body image and nutrition with minimal mention of exercise. Further, students perceived physical activity as fun stated the same to be the reason that motivates them to engage in it. Apart from this the focus group also highlighted on barriers to physical activity, with the most widely mentioned being lack of time. Others were uncompetitive nature and lack of variety in physical activity. The findings also indicated that 67% of the youth were not able to get 60-mins of daily physical activity that was recommended and 99.5% didn't display the movement skill proficiency required for their age. 25% of the BMI results showed the students were overweight or obese. It was concluded that there is a need to address the poor health and movement skills among youth.

(Tabussum , Asif , & Ahmed, 2017) The research paper titled: "Scientific benefits and attitude towards physical activity and physical education" aimed at identifying the scientific benefits of physical activity and general perception of students regarding physical activity. A cross-sectional study was conducted on a sample size of 350 students scattered across various colleges and universities of Karachi. For this, the researchers adopted the questionnaire from Dunley A. (2008). The questionnaire consisted of twenty questions segmented into three categories namely perception towards physical activity, attitude of students regarding the current physical education curriculum and scientific benefits of physical activity. The first category revealed that most of the participants showed a positive attitude towards physical activity and stated that it is an important component of their life. The second category presented that participants strongly agreed that physical education is as important as academic classes and should be taught on various levels of education. The third category indicated that participants were aware of the health benefits associated with physical activity and agreed that it improved body functioning. Overall, 86.3% participants had a positive attitude towards physical activity and were aware of the health benefits associated with it.

(Kayode & Alabi, 2019) This study was carried out to assess the food consumption pattern, physical activity, overweight and obesity among undergraduates. The increasing westernisation and urbanisation occurring in most countries around the world is associated with changes in the diet towards one of high-fat, high energy-dense foods and a sedentary lifestyle. This shift is also related to the current rapid changes in childhood and adult obesity. Increasing obesity is primarily driven by imbalanced diets and sedentary lifestyles. The identification of food consumption pattern and physical activity of undergraduates is an important strategy for promoting balanced nutrition and reducing the disability associated with excess weight gain, i.e. obesity. Majority of the respondents consumed snacks daily. Thus, consuming a diet high in vegetable is associated with low BMI; Nutrition Education with emphasis on vegetable consumption is recommended.

(ONURBULAS & YILMAN , 2013) This research is aimed towards studying the fast food consumption amongst the university students and their attitudes towards it. 265 students were selected randomly amongst the 1098 university students and were given a questionnaire to know their reason and attitude towards fast food consumption. It was found that with the sample size having an average age of 20, 97.4% of the students consumed fast food, even after knowing that its harmful and them being well aware of the mishaps of it. The main factor or the reason for it is being economical and of good quality. The second factor was the convenience and accessibility. Product and service comes next on list following which was scarcity of time. It was inferred that the students liked it due to its quick nature and accessible regardless of having a time crunch.

(Teixeira , Carraça , & Markland, 2012) Motivation is one of the most important factors to encourage exercise, which in turn is associated with important health outcomes. Normally, motivation shows consistent support for a positive relation between motivation and exercise. Motivation is associated with motives or goals such as improving appearance or receiving a reward or recognition from peers. Sometimes it is also due to medical reasons where the doctor or physiotherapist, to improve the medical condition of the patients, prescribes it. It is always said; physical exercise when done regularly is beneficial for physical and mental health. Despite of the knowing this, some of them do not like to engage themselves due to some main reasons as follow: a) Lack of interest in exercise, as commonly heard "This does not interest me." b) Time constraints for which they say "I would rather do other things in my leisure." They need to spend time looking after their career, family and education. c) Some people have health limitations that become a barrier to activity. These obligations might affect the motivation to exercise, which in turn affects their level of physical activity.

(Matiba , 2015) This paper has examined the impact of exercising and a healthy lifestyle among the youth. The youth of today is seen jogging, running or walking alone or with a friend, which raised the question, 'how does it affect the psychological, mental and social well-being wellbeing of the youth of the day?' The aim is to provide information to the youth to empower them and enlighten them with the solutions to good health. The theory used focuses on the process through which a person acquires motivation for initiating new health related behaviours and maintaining them overtime. It was noticed that male youths were more likely to participate in physical activity and were less likely to feel depressed, thus trying to prove the standard perception that physical activity or exercise aids in the well-being and supports the good health. Further, dieting is often used in combination with physical

exercise to lose weight, commonly for those who are overweight or obese or with a high BMI. Healthy eating and physical activity both are very important for fitness and good health.

3. RESEARCH PROBLEM

To understand the physical activity and fitness patterns among university students in Mumbai.

4. RESEARCH OBJECTIVES

- (a) To study the level of physical activity among university students in Mumbai
- (b) To find out general attitude towards physical fitness and health
- (c) To determine the factors that motivate people to take up activities to benefit their health and fitness and the challenges that people face in relation to taking up fitness activities
- (d) To research the food consumption patterns among university students in Mumbai
- (e) To study the perceived impact of physical activity on the health

Additional points to be studied: To study the height and weights of university students in Mumbai and in turn find the Body Mass Index (BMI) to see if people are under weight, overweight, normal or obese (kg/m²)

5. RESEARCH METHODOLOGY

A descriptive research was done to understand the physical health and fitness patterns among university students in Mumbai. The key objectives of this study explored the level of physical activity among university students, their attitudes towards physical activity and the perceived impact that people have regarding their physical activity and their weights. A cross-sectional study was carried out where the study was used to gather quantitative data through structured questionnaires to understand each of the above-mentioned objectives.

A sample study was done on university students from the ages of 15-26. A convenience sampling method was used for the research where a sample of 126 was collected, out of which the data of 4 questionnaires were not considered since the data given out by the respondents was inappropriate or incomplete. Questionnaires were given out and data for this research was collected through personally administered surveys. After the data collection was done, to analyse the data, it was entered into an excel sheet in an organised format. Every question of each objective was analysed using descriptive statistics where the mean, mode, median and standard deviation was calculated for the variety of factors.

4. FINDINGS

Descriptive statistics were used to analyze the data. It was found that 52% of the respondents were females whereas males were 48%. The mean weight of the respondents was 62.507 (SD=12.09) ranging from 37Kg to 100kg. The ages of the respondents ranged from 15 to 26 where the maximum number of people were between the ages 19-22. The weights and heights of the respondents were also asked, in order to calculate their BMI status. It was found that 15% of the respondents were underweight, 64% were healthy, 20% were overweight and 2% were obese. BMI of less than 18.5 means that a person is underweight, BMI between 18.5 and 24.9 is ideal, between 25 and 29.9 is overweight and a BMI over 30 indicates obesity.

Table 1: Demographic Characteristics of Respondents

	n	%
AGE		
15-18	16	13%
19-22	91	75%
23-26	15	12%
QUALIFICATION STATUS		
Under-Graduate	80	66%
Graduate	31	25%
Post-Graduate	11	9%
BMI STATUS		
Underweight	18	15%
Healthy	78	64%
Overweight	24	20%
Obese	2	2%
WEIGHT PERCEPTION		
Underweight	18	15%
Normal weight	67	55%
Overweight	37	30%

Source: Data compiled from primary data source collected through structured questionnaire

Note: N=122

Objective 1: To study the level of physical activity among university students in Mumbai

The first objective of this paper studied the levels of physical activity carried out by the respondents. It was found that 27.89% (34/122*100) of the respondents rarely workout of which females constituted 56%. Further, 27% of respondents said that they

exercise 3-4 times a week which show contrasting views of people being in the category of either rarely exercising or doing it 3-4 times a week.

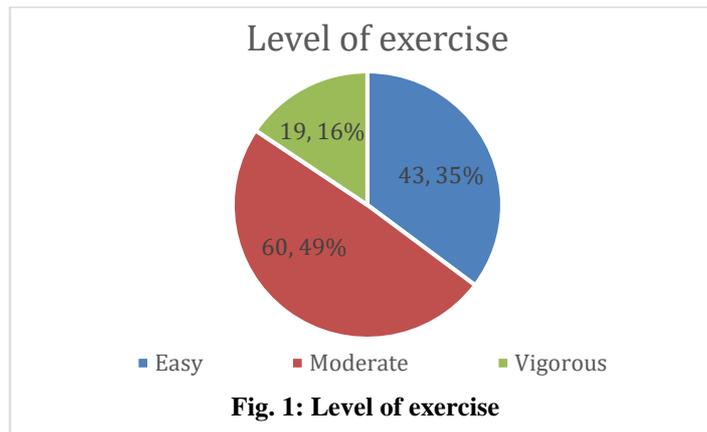


Fig. 1: Level of exercise

As seen in the graph in figure 1 the level of physical activity carried out by the respondents observed that 50% of the respondents said they did a moderate level of physical exercise of which, the ratio of males to females was almost equal. It was found that more people did an easy level of exercise as compared to the vigorous level. 67% of respondents doing an easy level were females. Vigorous levels of exercise were done the least where males constituted 79%.

Furthermore, it is observed that most of the youth chooses the easy way out where the average no of hours per week is less than 2hrs and the most common form of physical activity chosen was Cardio (66.39% of the respondents) as seen in Table 2. It is an activity that requires the least amount of efforts, as even walking is included and doesn't require one to specially go to a location where the activities can be performed.

Table 2: Form of physical activity

Q3. What forms of physical activity do you currently participate in?	N	Male	%	Female	%
Cardio (Walking/ Running/ Cycling/ Swimming/ Stair-Climbing)	81	39	48%	42	52%
Outdoor Sports (Badminton/ Basketball/ Cricket/ Football/ Tennis)	52	37	71%	15	29%
Flexibility and Strength (Yoga, Power Yoga, Pilates, Gym)	43	19	44%	24	56%
Dance (Aerobics/ Zumba)	19	3	16%	16	84%
Others	8	4	50%	4	50%

Source: Data compiled from primary data source collected through structured questionnaire

Note: N=122

Objective 2: The second objective of the study was to find out the general attitude towards physical fitness and health.

Table 3: General attitude towards Physical Activity

Question	Not Important	Slightly Important	Fairly Important	Important	Very Important	Total
On a scale of 5, how important is exercising to you?	2	12	24	42	42	122
Question	Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree	Total
Physical Activity is just as important as Academics	4	7	17	40	54	122

Source: Data compiled from primary data source collected through structured questionnaire

Note: N = 122. The participants rated each factor on a scale from 1 (Strongly Disagree/ Not Important) to 5 (Strongly Agree/ Very Important).

When asked about the importance of exercise, the mode was 4 or 5. The mean found was 3.8 with a standard deviation of 1.07(approx.), this is a low standard deviation indicating that the ranks are close to the mean and not scattered over a wide range. Thus, the mean is reliable, and it can be concluded that samples gave importance to exercising.

When physical activity was compared to academics, the mean found was 4.07, which meant students gave physical activity an equal importance. The standard deviation was 1.08(approx.) and shows the average obtained are reliable. It was seen that majority of the samples did not make an effort to find time to exercise in their routine but only exercised when they had time. It was construed that majority of the students indicated a change in their exercising pattern during hectic schedules. Further analysis was conducted to find the relationship between samples who took time out to exercise and the importance they gave to physical fitness, it was seen that on an average, people who took time out to exercise were giving importance to exercising in their daily routine. Lastly, analysis was done to know whether those samples whose exercise pattern didn't change due to hectic schedules gave high importance to physical activity or not. It was observed that on an average those students who didn't change their physical activity patterns gave higher significance to physical activity as compared to those who changed their physical activity patterns during hectic schedules.

Objective 3: To determine the factors that motivate people to take up activities to benefit their health and fitness and the challenges that people face in relation to taking up fitness activities.

As seen in Table 4 the biggest factor for the motivation for exercising was to get fitter and increase strength, where the average response was 4 and above (Agree and Strongly Agree). It is seen that exercising is not just affected by physical wellbeing but is also practiced for mental wellbeing, as the 3rd factor is a psychological factor rather than a physical one of getting a positive feeling. The standard deviation to lose weight is the maximum (1.408670) which indicates that either their intention to exercise is to lose weight or are least driven by the motive of losing weight. Further, the social factors play the least role in driving the youth to exercise with mean below 2 (disagree).

Table 4: Motivating factors to exercise

Factors	Mean	SD
I want to get fitter	4.131	1.120
I want to increase my strength	4.000	1.113
I enjoy a sporting goal and it gives me a positive feeling	3.467	1.319
I want to lose weight	3.238	1.409
I want to achieve a sporting goal	3.139	1.294
I do it because my friends do it	1.959	1.174

Table 5: Demotivating factors to exercise

Factors	Mean	SD
I don't have enough time	3.410	1.310
I'm too tired	3.041	1.345
I can't stay motivated	2.984	1.373
I have an injury	2.590	1.353
I don't really enjoy exercising	2.254	1.358
Bad Weather	2.230	1.291

Source: Data compiled from primary data source collected through structured questionnaire
Description: N = 122. The participants rated each factor on a scale from 1 (Strongly Disagree) to 5 (Strongly Agree).

The lack of time is the biggest demotivating factor to exercise for all the respondents, as seen in Table 5. This is followed with a feeling of tiredness due to their respective reasons. Following this is the lack of being able to stay motivated, which again show that the feeling of exercising is not just physical but even psychological. It is even seen that environmental factors like Bad Weather have little effects on getting the respondents demotivated as it has the lowest rank and also has the least distortion in the data as it has the least standard deviation amongst every other factor.

Objective 4: To research the food consumption patterns among university students in Mumbai

It was observed that from the sample set of 122, the average perception of the students having a balance diet on a scale of 1 to 5 was 3.459 thus falling on the healthier side of the scale. The consumption patterns were observed, and it was seen that majority of the respondents prefer having food thrice a day followed by having food 4 times a day. Considering the above two findings together and the mean of balance diet, perception for every consumption pattern was calculated. It was seen that the respondents having food twice a day were the lowest to perceive themselves to have a balance diet when compared to the respondents with other consumption patterns. The most commonly used method having a good balance diet was seen to be of having food 4 times a day. On analysing further replies, it was observed that the biggest factor for consuming fast food was (53 respondents) temptation/cravings followed by ease of access to fast food. The factors don't look much cost driven as only 9 out of 122 selected cost as the factor to prevent them from having a balance diet. This factor was further co-related with their rating of having a balance diet on a scale of 1 to 5 by again, calculating the mean for every factor. It was seen that even though Temptation/Cravings is the most probable factor for preventing to have balance diet, the respondents who selected this still perceive to have a more balanced diet than the ones who selected ease of access and lack of time thus showing that the ease of access and lack of time are more affective of factors with lack of time being the most affective (Refer to table 6)

Table 6: Daily food consumption patterns and balanced diet preventive factors

Consumption Pattern	Balance diet perception	Preventive factors	Balance diet perception
Once a day	4.000	Ease of access to fast food	3.206
2 times	2.928	Temptations/ Cravings	3.471
3 times	3.388	Lack of time	3.066
4 times	3.594	Emotional eating	4.000
5 times	4.000	Cost	3.888
More than 5 times	3.571	Accessibility	4.000

Source: Data compiled from primary data source collected through structured questionnaire
Note: N=122

On analysing the rate of fast food consumption, it was seen that the highest rate of consumption (36 respondents) was "once 2-3 days", followed by three rates which are very close to each other with "once 4-5" days, "once a week" and so on. To understand the major reason/factor for every rate of consumption, the occurrence of each factor for every rate was counted. It was seen that for the units who consume fast food every day, temptation/cravings are the major reason. For people who consume fast food once in 2-3 days, again temptation/ cravings being the biggest factor with the ease of access being a significantly contributing factor too.

Table 7: Relation between fast food consumption and balance diet preventive factors

Everyday		Once in 2-3 days	
Preventive factors	Respondents	Preventive factors	Respondents
Ease of access to fast food	3	Ease of access to fast food	12
Temptation/ Cravings	13	Temptation/ Cravings	17

Lack of time	4
Emotional eating	1
Cost	0
Accessibility	0
Other	1

Once 4-5 days

Preventive factors	Respondents
Ease of access to fast food	8
Temptation/ Cravings	4
Lack of time	1
Emotional eating	5
Cost	6
Accessibility	0
Other	0

Few times a month

Preventive factors	Respondents
Ease of access to fast food	1
Temptation/ Cravings	8
Lack of time	2
Emotional eating	1
Cost	0
Accessibility	0
Other	0

Lack of time	6
Emotional eating	0
Cost	1
Accessibility	0
Other	0

Once a week

Preventive factors	Respondents
Ease of access to fast food	4
Temptation/ Cravings	10
Lack of time	2
Emotional eating	3
Cost	1
Accessibility	1
Other	2

Rarely

Preventive factors	Respondents
Ease of access to fast food	1
Temptation/ Cravings	1
Lack of time	0
Emotional eating	1
Cost	1
Accessibility	0
Other	1

Source: Data compiled from primary data source collected through structured questionnaire
 Note: N=122

Objective 5: To study the perceived impact of physical activity on the health.

According to this data, it is seen that maximum people (79/122*100=74.75%) are aware of their BMI or know exactly if they are underweight, healthy or overweight. However, 16.39% (20/122*100) of the university students think that they are overweight. According to the researchers who studied this topic found that most of this generation is more health conscious which makes them think that they are overweight/fatter/obese than usual. This is why they are motivated and end up exercising more. 50% of the university students, who believe they are overweight when they actually are healthy, are the ones who exercise at least 3 times a week as shown in Figure 2,3.

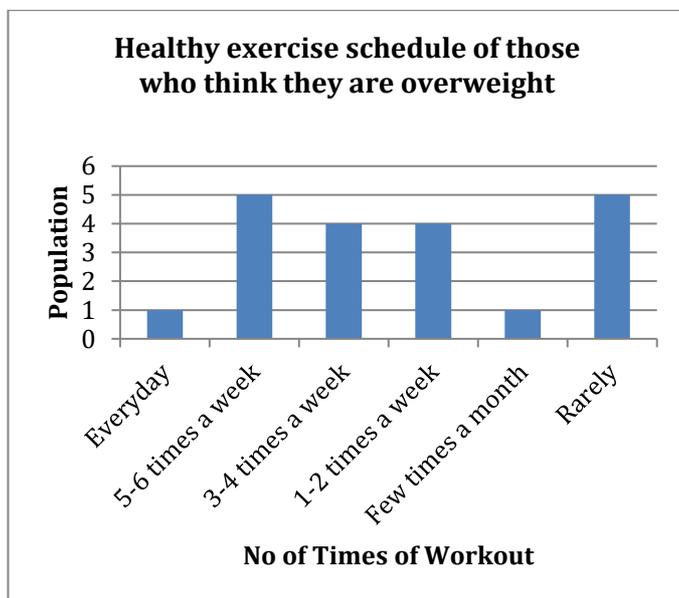


Fig. 2: Workout schedule (Perceive as overweight)

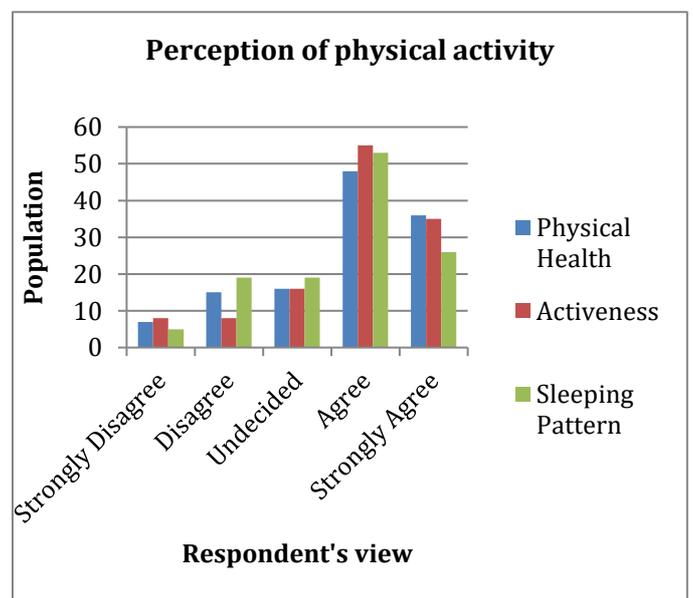


Fig. 3: Perception of physical activity

Further, the results show that university students feel that there is a positive relationship between physical activity and improvement of physical/mental health, activeness and sleeping patterns. According to the research, 68.85% of the sample population believes that physical activity benefits mental wellbeing and physical health, 73.77% (90/122*100) of the sample population believes that physical activity affects activeness positively and 74.75% of the sample population are in support of the fact that physical activity improves sleeping patterns. On average, 54.91% (67/122*100) of the sample population agree that being physically active improves all the 3 parts of the finding i.e. physical/mental wellbeing, activeness and sleeping pattern.

5. CONCLUSION AND RECOMMENDATION

University students aging from 15-26 have lower levels of physical activity than required; this is consistent with findings from (Poobalan, Aucott, Clarke , & Smith, 2012), (Eichorn, Bruner, Short , & Abraham , 2018) as well. Moreover, when the level of

physical activity between males and females were compared, it was found to be lower for females as found in (Ajibade, 2011) as well. The BMI was also calculated in order to find out the category of weights that people fall into.

While most people stated that exercising was important to them, they still failed to work out for sufficient hours per week. While people are aware and have the right attitude towards working out, they have just been unsuccessful when it came to actually working out. When it came to the reasons why people exercise, the most common ones were to get fitter or stronger or achieving a positive feeling. However, when it came to the demotivation's of working out the most common reasons were the lack of time, energy and motivation to work out.

Based on the findings it can be said that there is need to create some serious awareness of the importance of physical activity in one's daily life and its benefits. Targeted interventions must be given to the university students to improve and sustain the levels of physical activity taken up by the university students. Awareness must also be created regarding the food consumption patterns among the university students.

6. LIMITATIONS

- The heights and weights collected were self-reported by the samples thus there is a chance of error from the respondent's side.
- Objective number two is more indicative than factual, only tells what is perceived by the respondents and may not correspond to their actions in reality.
- Non-Probability method of sampling and convenience sampling is used, which may not be the true representation of the population.
- The data collected is cross-sectional in nature, thus is only true for Mumbai, in the current period.
- Quantitative method i.e. survey was used and thus it does not convey meaning and emotion. Only descriptive statistical tools were used to analyse the responses.

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