

A Comparative Study of Difference in Enjoyment between Children Engaged in Water and Land Based Activity

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Abstract – *The aim of the study was to investigate the enjoyment and engagement in physical activity, of children participating in summer coaching camp programme of LNUPE, Gwalior. The participants of the study were 154 children, aged between 13 to 16. Out of them 74 were from water based activity and 80 of them were from land based activity. Physical activity engagement, enjoyment were assessed by self-report questionnaires. T-tests revealed that the children who were engaged in land based activity enjoyed less (93.11 ± 22.04) than the children those who were engaged in water based activity (106.41 ± 11.00). The results indicated that children who were engaged in water based activity involved maximum enjoyment. Children who were engaged in land based activity enjoy less in comparison to the children who were engaged in water based activity.*

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INTRODUCTION

Physical activity participation provides physical and mental health benefits to young people. Many authors have underscored the importance of regular physical activity throughout an individual's lifespan. An appropriate amount (quantity, quality, and intensity) of exercise has been found to lead to relevant physiological and psychological benefits. There is, however, concern over the participation levels of young people and the links with the rise in obesity rates in particular. Several nations are making efforts in promoting regular physical activity to improve health and behavioral outcomes of young people. Different national and cross-national programs, such as "Healthy People 2010" in the USA, acknowledged that physical activity is a major concern. In India; young people are also demonstrating higher levels of exercise passivity. Studies have indicated that childhood and adolescence are important periods for adopting physically active lifestyle later in adulthood. One of the main causes of the decreasing amount of participation in sport and physical activity is low levels of motivation. Therefore, a number of authors have emphasized the need for early interventions to promote a positive attitude toward physical activity.

The purpose of the study was to compare the difference in enjoyment between children engaged in water and land based activity

METHODS

The participants of the study were 154 children, aged between 13 to 16. Out of them 74 were from water based activity and 80 of them were from land based activity. **Physical Activity Enjoyment Scale (PACES, an 18-item, self-administered scale developed by Kendzierski and DeCarlo)**, was used to assess enjoyment toward physical activity. Respondents were asked to rate their current feelings about physical activity using a seven-point semantic differential approach. As done in the original development of the scale, the scale was analyzed as a **Likert scale**. A total scale score was computed by summing responses to all items after recoding some items so that a high score indicated high enjoyment, whereas a low score indicated little enjoyment. The analysis of data was realized using the statistical program SPSS v 17. For descriptive statistics the independent 't' test was used at 0.05 level of significance.

RESULTS

The data were collected and analyzed in order to draw a conclusion on the physical activity enjoyment level of children, and the scores are given below.

Table 1: Mean and Standard deviation of enjoyment for children involve in land based and water based activity

	Category	N	Mean	Std. Deviation	Std. Error Mean
PACES	Land activity	80	93.11	22.041	3.02765
	Water activity	74	106.41	11.001	.96119

The mean and SD of the two groups of children involved in land based and water based activity have been presented in Table 1. The mean and standard deviation of the physical activity enjoyment level of children involved in water based activity and land based activity were 106.41 ± 11.00 and 93.11 ± 22.04 respectively. Among 154 subjects 80 subjects were from land based activity and 74 were from water based activity.

The mean scores of the children involved in land based and water based activity physically challenged has been represented graphically in figure no 1.

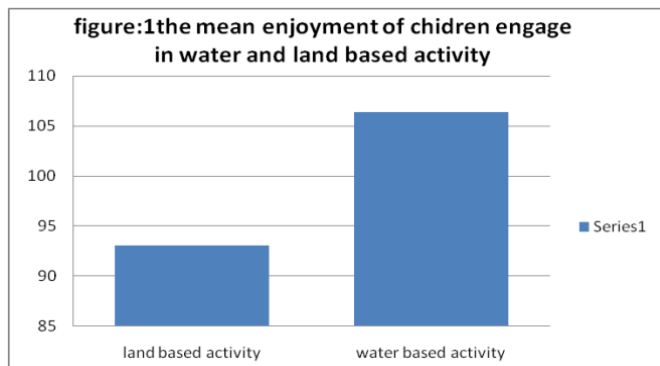


Table 2:
Independent Samples T-Test for the means of enjoyment for children involve in land based and water based activity

		t-test for Equality of Means			
PACES	Equal variances assumed	t	Sig. (2-tailed)	Mean Difference	Std. Error Difference
		-5.443*	.000	-13.29901	2.44330

Independent samples t-tests were conducted for the means enjoyment of children involved in land based and water based activity. Results have been shown in Table 2. The independent t test has shown a significant difference in the physical activity enjoyment level between the children involved in land based and water based activity, as the $p = 0.000 < 0.05$.

DISCUSSION

The study reveals that the children who were engaged in water based activity enjoy significantly higher than the children engaged in land based activity. Probably because of the hot environment in the summers and water give them cooling and soothing effect. It might also

be due to many of the children are those who were first time engaged in water activity (swimming) and many of them get very less chance to be engaged in water activity. The average temperature of Gwalior is 45°C in summers, children, involved in land based activity, scorching heat of sun and there is a possibility that might not have been enjoyed for the land based activity (tennis, basketball, football). Active participation in physical activity involves maximum enjoyment.

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