



*International Journal of  
Physical Education and  
Sports Sciences*

*Vol. VIII, Issue No. XV,  
July-2015, ISSN 2231-3745*

## **IMPACT OF LACK OF PHYSICAL ACTIVITY ON CERTAIN HEALTH RELATED ISSUES**

AN  
INTERNATIONALLY  
INDEXED PEER  
REVIEWED &  
REFEREED JOURNAL

# Impact of Lack of Physical Activity on Certain Health Related Issues

Roshan Lal

Research Scholar, Physical Education, OPJS University, Churu, Rajasthan

**Abstract – A decade ago, health professionals were worried about communicable disease of childhood or the effects of malaria, polio, malnutrition, small pox, tuberculosis, cholera and other traditional ailments. Today, urban India is more concerned with degenerative and manmade disease like AIDS, with India having the largest AIDS-infected population in the world, or lifestyle disease like stress, diabetes, cancer and cardiovascular problems stemming from unhealthy diet, smoking and lack of regular exercise. An active lifestyle during childhood directly benefits the health both during adulthood and at old age. However, due to the modern way of living and technological developments (e.g. cars, elevators, computers and television), both children and adults have become less physically active. Physical activity declines with age, falling off from adolescence, as physical activity and physical education is declining in schools worldwide. The purpose of the study is to assess the impact of lack of physical activities and certain health related issues.**

**Key Words: Physical Activity, Attitude, Height, Weight. Impact, Health Issues, Overweight, Diseases.**

## INTRODUCTION:-

Physical activity is an important part of both a healthy lifestyle and a child's daily routine says Sallis (1993). Development of good health and fitness habits in childhood is associated with physical fitness as an adult (Harsha, 1995). Participation in physical activity is an important part of a child's normal psychosocial development and self-image. Physical activity also has economic benefits, especially in terms of reduced health care costs, increased productivity, and healthier physical and social environments.

Physical inactivity, along with other key risk factors, is a significant contributor to the global burden of chronic disease. height, weight, dietary behaviour, overweight, hygiene, violence, mental health, prevalence of tobacco use, alcohol and other drug use, HIV/AIDS related knowledge and attitude towards physical activity which are the priority impact of lack of physical activities and it cause many health issues and often established during youth thus extending into adulthood and that contribute to the leading causes of mortality, morbidity, and social problems among youth and adults.

## SIGNIFICANCE OF THE STUDY

The proposed study is helpful to understand present status of both gender in physical activity patterns, dietary practices and lack of physical activity among Higher Secondary School Students of Haryana State.

This knowledge definitely helps the administrators and policy makers to formulate suitable programmes to motivate and develop lifetime activity behaviour among students. The knowledge about the gender differences in physical activity patterns, dietary practices among Higher Secondary School Students will help the teachers, parents and counsellors to better understand the way of thinking of the future generation.

The questionnaire thus developed for this study provides an excellent tool for educationists, social and health workers. It helps to gather data regarding lack of physical activity among Higher Secondary school children. This tool can also be used nationwide by health and education officials to improve and modify national, state and local policies and to design programmes to reduce risks associated with leading causes of mortality and morbidity.

The information thus gathered about different impact of physical inactivity patterns, intentional injury, use of tobacco and use of alcohol and drugs, unhealthy dietary habits and physical activity can be used to improve state, and local policies and programmes to reduce risks associated with the leading causes of mortality and morbidity.

## FINDINGS RELATED TO ATTITUDE TOWARDS PHYSICAL ACTIVITIES

Appropriate regular physical activity is a major component in preventing chronic disease, along with a healthy diet and non-smoking. For individuals, it is a powerful means of preventing chronic disease but for nations, it can provide a cost effective way of improving public health across the population. Available experience and scientific evidence show that regular physical activity provides people both male and female, of all ages and conditions-including this abilities-with a wide range of physical, social and mental health benefits. regular physical activity interacts positively with strategies to improve diet, discourage the use of tobacco, alcohol and drugs, health reduce violence apart from the enhancing functional capacity and promoting social interaction and integration.

## CONCLUSION:

Antonovsky (1996) states: ". . . We are always in the dangerous river of life. The twin question is: How dangerous is our river? How well can we swim?" Youth risk behaviour studies provide one mechanism for assessing the 'level of danger' in an adolescent's river of life.

The data obtained regarding physical inactivity and attitude towards physical activity helps to know the status on important issues regarding Physical Education programmes in schools. Besides, the data can also be used for better co-ordination of policies concerning Physical Education, sports, health, recreation and Health Education. The results alerts besides Physical Education teachers, the children themselves, parents, schools, sports clubs, etc; about their several and mutual responsibilities in maintaining a reasonable standard of physical fitness among those committed to their change.

## REFERENCES:

- Benchun Tian (2009). Global School Based Student Health Survey- China (Beijing) 2009 Fact Sheet, China CDC, Beijing, China. Thattil 250
- Brener ND, McManus T, Galuska DA, Lowry R, Wechsler H. (2008). Reliability and Validity of Self-Reported Height and Weight among High School Students. Journal of Adolescent Health,
- Dana-Farber researcher probes tobacco use - and prevention options – in India, (2004). Glorian Sorensen, PhD, O 2001 - 2008, Dana- Farber Cancer Institute.
- David March, As India Gears Up To Fight HIV, (2008). Gaps Revealed In Public Awareness and Private-Care Services, XVI International

Conference On Aids, Aug. 13 - 18, Toronto, Canada, Johns Hopkins Medicine, Media Relations and Public Affairs, AUG. 14.

- India mental health country profile, (2007). Authors: Khandelwal s.K.'; Jhingan H.P.'; Ramesh S.'; Gupta R.K.'; Srivastava v.K.~ Source: International Review of Psychiatry, Volume 16, Numbers 1-2, Numbers 1- 2February-May 2007, pp. 126- 14 I(16) Publisher: Rout ledge, part of the Taylor & Francis Group.
- WHO Controlling the global obesity epidemic - The Challenge, WHO Publication 2006.
- WHO, Global Strategy on Diet, Physical Activity and Health  
<http://www.who.int/entity/dietphysicalactivity/publications/facts/en/> extracted on November 10,2006.
- WHO, UNESCO, (2004). Education International. WHO Information Series on School Health - WHO. Diet, Physical Activity and Health: Report by the Secretariat. Fifty-fifth World Health Assembly, Provisional agenda item 13.1 1.
- WHO. The World Health Report (2004). Mental Health: New Understanding, New Hope. WHO. What in the World Works? International Consultation on Tobacco and Youth. WHO. What in the World Works? International Consultation on Tobacco and Youth. WHO. World Health Report 2004. Geneva, Switzerland: WHO, 2004.