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Physical Fitness, Food Intake And Physical Activities Of School Children Of Bahawalpur City

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ABSTRACT

This study was carried out to investigate the sort of food offered to their schoolchildren and their potential for physical fitness. Data was gathered from both private and public-school students. The accepted questionnaire was used to assess the specified variables of height, weight, endurance, speed, strength, and food consumption. To compare boys' and girls' physical fitness and food consumption, an independent t-test was used. The guys had much more strength, agility, and speed than the schoolgirls, according to the results. Schoolgirls, on the other hand, performed much better in terms of diet selection and physical activity than schoolboys. It was discovered that girls had better eat habits than boys, while guys have superior physical condition. It is proposed that both boys and girls improve their physical fitness, and that physical exercises be made mandatory for

participation. Food consumption, physical activity engagement, and physical fitness must all be monitored in schools.

Keywords; physical fitness, food intake, physical activities, schoolboys, school girls.

INTRODUCTION

Physical exercise is not just focused on children's physical growth with a balanced diet, which is required to prevent obesity and other disorders. Physical fitness during childhood and adolescence has been highlighted as a crucial component of current and future health (Smith, Phongsavan, Havea, Halavatau, & Chey, 2007). Physical fitness is a multidimensional construct made up of skills and health-related components (Alexander et al., 2016). When evaluating similar performance attributes such as speed, strength, and agility, a direct comparison is used (Piton et al 2014). Physical fitness is a state of health and well-being that includes the capacity to participate in sports, jobs, and daily activities. Physical fitness is typically achieved by correct diet, moderate-to-vigorous physical activity, and adequate rest. A person's capacity to do physical activity successfully is linked to a set of food intake. Physical motions are important for brain development in children at a young age (Wolfsan, 2002). Regular physical exercise increases the quantity of oxygen given to the brain, which improves children's learning ability (Galley, 2002). There is rising worry about the number of youngsters who lead inactive lives (Standage, Dude, & Natomas, 2003).Healthy diet positive effect on children fitness. Food intake affects the fitness of school children. This research aimed to point out the food intake and physical fitness among school children because there was lacking research in Pakistan to identify the food intake and physical activity among schoolchildren. The ingredients that are associated with decreased physical activity among school children epitomize the latest school-based initiatives, such as structured food intake and physical fitness programs. It is significant food intake and physical fitness among school children. There is a significant age difference in children food intake and physical fitness. The focus of this study was to determine and relate the physical activity in boys and girls of different ages in the city of Bahawalpur.

Methods and Material

Participants

Participants in this study were drawn from six government and private schools in the city of Bahawalpur. Data was obtained from (n = 240) people between the ages of (group 1) and (group 2). The current study is cross-sectional in nature. Participants in this study were divided into two groups: males (n=120) and girls (n=120). The current study is cross-sectional in nature. The sample size was determined using tests. The Data was gathered using a technique known as purposive sampling. The data gathering procedure was subjects' express consent. Bahawalpur has a total population of 820,000 people. There are

hundreds of registered schools in Bahawalpur, including both government and private institutions. Thousands of kids in Bahawalpur are educated at these schools. Bahawalpur has a total of 1936 schools. We chose six public and private schools and collected data from students via questionnaires and fitness tests. Government SD Model High School, Government Sadiq Public Girl's High School, Government Girls' High School, APWA Girls' High School, Dar-e-Arqam Model School, and Allied Public School were the names of the schools. The participants thoroughly loved this exercise and worked well with the researcher and teachers.

Table 01: Selected Population of School Children in Bahawalpur City

Sr.	School name	Total population	Selected population
1	G.SD Model high school	1060	40
2	Sadiq Girls High school	980	40
3	G.G.H. S	950	40
4	APWA.G.H. S	600	40
5	Dar-e-Arqam Model school	540	40
6	Allied Public School	398	40

Instruments and Procedure

Schoolchildren's agility was tested using a zigzag, a 30-meter sprint race, a sit and reach test (Expert Leisure supplies), and their height and body mass were measured using a studio metre (standard steel). Name, age, and main signature were obtained via a form questionnaire, weighing instrument, measuring tape, and fitness test. Camry weight machine is used to check weight, and understanding the normalcy of weight allows us to utilize it in study. The investigation of (Galati, Hochdorn, Paramecia, Chaffy, Kumar & Bald, 2014).The tools used Agility test was measured throw T run test 30m dash, flexibility test was measured sit and reach test height measured throw measuring tape and body mass was measured with studio metre (standard steel), endurance throw 600m and standing broad jump of school children.

Flexibility

The capacity of a joint or set of joints to move through an unrestricted, pain-free range of motion is defined as flexibility. Many factors influence the loss of normal joint flexibility, including injury, inactivity, or a lack of stretching. This test was described for the first time by (Wells & Dillon, 1952). A tape measure is a portable measuring instrument that is used to determine the size of an object or the distance between two things. Along the tape's edge, inches are indicated.

Agility

The t-test is a basic running agility test that involves forward, lateral, and backward motions and is applicable to a variety of sports. Flexibility, balance, and control are all improved by agility exercise. It aids the body in maintaining optimal alignment and posture while moving. Leroy Getchell of the University of Illinois was the first to explore the agility qualities in (1989).

Statistical Analysis

Mean and standard deviation of all variables were subscribed to learn about the descriptive presentation of the children. An independent t-test was applied to examine the differences among urban and rural school children in their food intake, physical fitness measures. Inter-rate reliability was adopted along with interclass correlation. All assumption of data normality and t-test was adopted for statistical analysis. The significant value was adjusted at $P < 0.05$.

Results

This chapter will discuss the results and interpretation of the table. This chapter aims to summarize the collected data and briefly discuss the statistical treatment of the data and interpretation of the result obtained by the statistical analysis. This research investigates by utilizing the food intake and physical fitness of children (n =240). These activities height, Weight, Flexibility, Agility, Speed, Strength and endurance were described in these tables. independent t-test analysis was used to compare the means and standard deviations of the food intake and physical fitness of children in two groups group one boy and the group two girls. The physical fitness variable was Height, Weight, Flexibility, Endurance, Strength, Agility, and Speed have found significant differences in each other.

Table 02: Physical fitness of the children of Bahawalpur

Groups	Boys		Girls				
	Mean	Std. D	Mean	Std. D	T	Df	Sig.
Height	52.30	3.80	52.82	4.20	-1.00	238.00	0.32
Weight	33.20	7.08	34.03	8.27	-0.83	238.00	0.41
Flexibility	6.74	1.70	6.76	1.91	-0.07	238.00	0.95
Endurance	16.60	2.08	16.43	2.02	0.66	238.00	0.51
Strength	28.83	3.69	26.73	2.38	5.24	238.00	0.00
Agility	12.58	2.02	12.13	1.82	1.81	238.00	0.04
Speed	8.91	1.86	8.14	1.85	-0.95	238.00	0.03

Table one showed that the strength of the boys and girls was significantly different from each other as $t=5.24, p>0.00$ the result showed that the boys were significantly higher strength group girls. The agility of the boys and girls was significantly different from each

other as t=1.81,P> 0.04the result showed that the boys were significantly higher agility than group girls. The Speed of the boys and girls was significantly different from each other as t=-0.95, P>-0.03.

The food intake was followed as guided by (Durkin, Islam, Hasan, & Zaman, 1994; Bharmal, 2000; Babar, Muzaffar, Khan, & Imdad, 2010).

Table 3: The Food Intake of Bahawalpur School Children.

Variables	Boys		Girls			
	Mean	Std. D	Mean	Std. D	t.	Sig.
How many times a day do you eat Fruits?	3.52	1.44	3.70	1.24	-1.06	0.29
How many days in aweek do you eat vegetables?	3.88	1.27	3.92	1.17	-0.26	0.79
How many days did you eat dark green vegetables?	3.45	1.68	3.28	1.67	0.77	0.44
How often do you drink regular sodas?	3.12	1.64	3.36	1.57	-1.17	0.24
How often do you drink fruit, tea or sports drinks?	3.47	1.90	3.76	1.92	-1.18	0.24
How often do you wash your hands with soap before eating?	3.77	1.80	4.31	1.80	-2.33	0.02
How often do you use frozen food?	5.53	1.02	5.30	1.39	1.48	0.05
Do you eat a meal with your family?	2.98	2.08	3.02	1.98	-0.16	0.87
Your pocket money has come to end, and do not get any more to eat?	2.26	1.70	2.51	1.58	-1.18	0.24
How many days do you exercise for 30 minutes?	3.94	1.84	4.01	2.01	-0.27	0.79
How many days do your workouts strengthen your muscles?	5.31	2.59	4.61	2.53	2.12	0.04
How often do you make small changes on purpose to be more active?	4.07	2.45	4.58	2.40	-1.62	0.04
Do you sleep without taking your dinner how many times happened?	3.05	2.15	3.45	1.82	-1.56	0.03
How often do you compare food prices to save money?	3.45	1.97	3.53	1.86	-0.34	0.74
Do u you wash your hands before eating?	5.50	1.06	5.23	1.39	1.67	0.03

Significant value as P< 0.05.

Table two showed that the boys were significantly different from each other as how many days did you do workouts to build and strengthen as t=2.12,P>0.04.How often do you make small changes on purpose to be more active t=-1.62,P >0.04?How often do you wash hands with soap before eating t =-2.33,P>0.02? Washing hands before eating the boys)t=1.67,P>0.03.How often do you thaw frozen food on the counter or in the sink at room temperature t =1.48,P>0.05.You sleep without taking your dinner how many times happened t=-1.56,P>0.03. Do you find meal kitchen or in the freezer when you are hungry the boys and P >0.00.

Discussions

An independent t-test was used to compare the means and standard deviation of the physical fitness of the boys and girls. Results showed that there was a significant difference reported in strength, agility and speed between the group of boys and girls. Because group two participated in daily physical activity and played the game of football, therefore, they have good and higher strength, agility and speed than group two. The study of Galati, Hochdorn, Paramecia, Chaffy, Kumar and Bald (2014) supported the results of the current study. The result showed that there was a no-significance difference between group one and group two. Group one has lesser height, weight, flexibility and endurance than group two. In these groups of two participants were daily played the badminton game they were active and their muscles are flexible and stretched they eat a proper diet. Their muscular strength is good because their muscles are strong and healthy group one. The study of Grant and Paton (2003) supported the results of the current study.

Conclusion

The purpose of this study was to find out the difference in food intake and physical fitness of school children and to examine the gender difference in physical fitness among school children. The participants of this research were selected from six government and private boys' and girls' schools. Data was collected from (n = 240) with the age range seven to ten years of boys and girls' children. The present research design is cross-sectional. The purposive technique was used to collect the data. The instrument used measured by physical fitness for agility test was taken by adopting zigzag, 30-meter sprint race, flexibility measured by wooden box, height was measure with stadia meter (standard steel), weight was measure by weighing machine, and the muscular strength tested by STB jump and questionnaire used by food intake of school children. The food intakes of children are a positive effect on their health and physical fitness. We found out the positive attitude of the children through physical activities. Food intake and regular physical fitness improve the mental health and behavior of children. The group one children who participated in the regular activities and food intake properly are healthy than the group two. As a result, group, one is higher fit and active. It is suggested to the school children to participate more

in sports activities to control their obesity. The schoolteacher and parents should be that they involve their children in physical activities. Those children who were food intake and engaging in physical activities are more active than group two. Future studies would be conducted by considering the food intake and physical fitness of children. The study of Laura Baste field (2014) supported the current results.

Recommendations

It is suggested to the school children to participate more in sports activities to control their obesity. The schoolteacher and parents should be that they involve their children in physical activities. Those children who were food intake and engaging in physical activities are more active than group two. Future studies would be conducted by considering the food intake and physical fitness of children.

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