

Vol 6 Issue 2 March 2016

ISSN No : 2230-7850

---

International Multidisciplinary  
Research Journal

*Indian Streams  
Research Journal*

Executive Editor  
Ashok Yakkaldevi

Editor-in-Chief  
H.N.Jagtap

---

## Welcome to ISRJ

**RNI MAHMUL/2011/38595**

**ISSN No.2230-7850**

Indian Streams Research Journal is a multidisciplinary research journal, published monthly in English, Hindi & Marathi Language. All research papers submitted to the journal will be double - blind peer reviewed referred by members of the editorial board. Readers will include investigator in universities, research institutes government and industry with research interest in the general subjects.

## Regional Editor

Manichander Thammishetty  
Ph.d Research Scholar, Faculty of Education IASE, Osmania University, Hyderabad.

Mr. Dikonda Govardhan Krushanahari  
Professor and Researcher ,  
Rayat shikshan sanstha's, Rajarshi Chhatrapati Shahu College, Kolhapur.

## International Advisory Board

Kamani Perera Regional Center For Strategic Studies, Sri Lanka	Mohammad Hailat Dept. of Mathematical Sciences, University of South Carolina Aiken	Hasan Baktir English Language and Literature Department, Kayseri
Janaki Sinnasamy Librarian, University of Malaya	Abdullah Sabbagh Engineering Studies, Sydney	Ghayoor Abbas Chotana Dept of Chemistry, Lahore University of Management Sciences[PK]
Romona Mihaila Spiru Haret University, Romania	Ecaterina Patrascu Spiru Haret University, Bucharest	Anna Maria Constantinovici AL. I. Cuza University, Romania
Delia Serbescu Spiru Haret University, Bucharest, Romania	Loredana Bosca Spiru Haret University, Romania	Ilie Pintea, Spiru Haret University, Romania
Anurag Misra DBS College, Kanpur	Fabricio Moraes de Almeida Federal University of Rondonia, Brazil	Xiaohua Yang PhD, USA
Titus PopPhD, Partium Christian University, Oradea,Romania	George - Calin SERITAN Faculty of Philosophy and Socio-Political Sciences AL. I. Cuza University, Iasi	.....More

## Editorial Board

Pratap Vyamktrao Naikwade ASP College Devrukh,Ratnagiri,MS India Ex - VC. Solapur University, Solapur	Iresh Swami Ex - VC. Solapur University, Solapur	Rajendra Shendge Director, B.C.U.D. Solapur University, Solapur
R. R. Patil Head Geology Department Solapur University,Solapur	N.S. Dhaygude Ex. Prin. Dayanand College, Solapur	R. R. Yalikar Director Managment Institute, Solapur
Rama Bhosale Prin. and Jt. Director Higher Education, Panvel	Narendra Kadu Jt. Director Higher Education, Pune	Umesh Rajderkar Head Humanities & Social Science YCMOU,Nashik
Salve R. N. Department of Sociology, Shivaji University,Kolhapur	K. M. Bhandarkar Praful Patel College of Education, Gondia	S. R. Pandya Head Education Dept. Mumbai University, Mumbai
Govind P. Shinde Bharati Vidyapeeth School of Distance Education Center, Navi Mumbai	Sonal Singh Vikram University, Ujjain	Alka Darshan Shrivastava Shaskiya Snatkottar Mahavidyalaya, Dhar
Chakane Sanjay Dnyaneshwar Arts, Science & Commerce College, Indapur, Pune	G. P. Patankar S. D. M. Degree College, Honavar, Karnataka	Rahul Shriram Sudke Devi Ahilya Vishwavidyalaya, Indore
Awadhesh Kumar Shirotriya Secretary,Play India Play,Meerut(U.P.)	Maj. S. Bakhtiar Choudhary Director,Hyderabad AP India.	S.KANNAN Annamalai University,TN
	S.Parvathi Devi Ph.D.-University of Allahabad	Satish Kumar Kalhotra Maulana Azad National Urdu University
	Sonal Singh, Vikram University, Ujjain	

**Address:-Ashok Yakkaldevi 258/34, Raviwar Peth, Solapur - 413 005 Maharashtra, India**  
**Cell : 9595 359 435, Ph No: 02172372010 Email: ayisrj@yahoo.in Website: www.isrj.org**

# Indian Streams Research Journal

International Recognized Multidisciplinary Research Journal

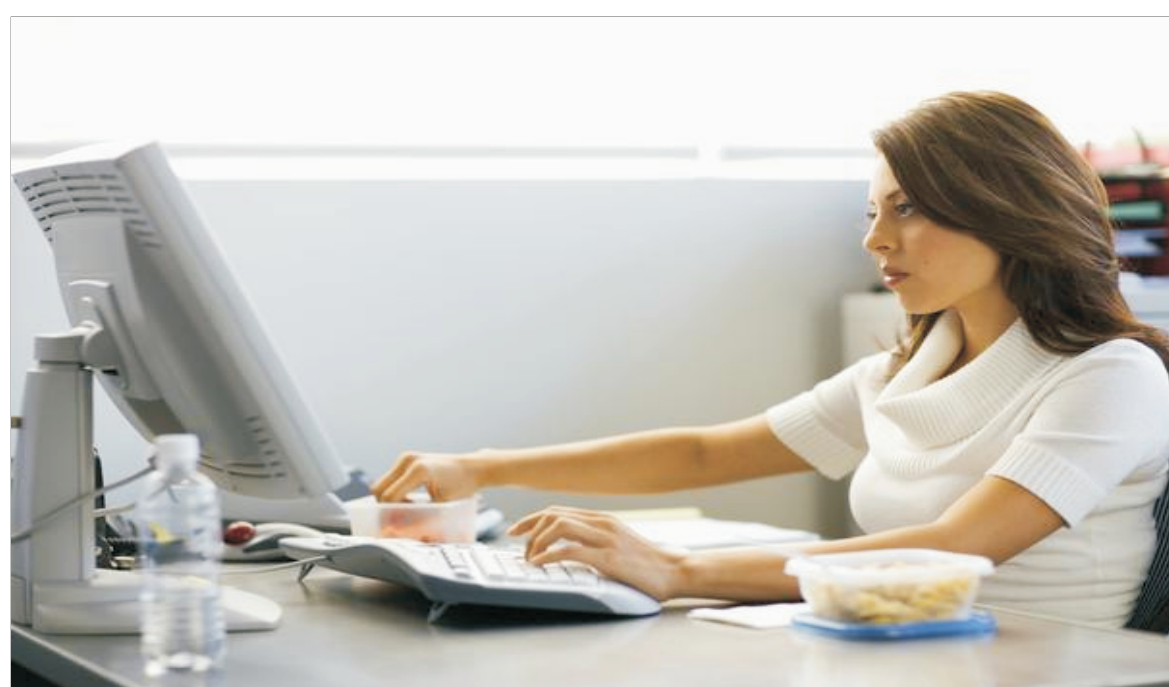
ISSN: 2230-7850

Impact Factor : 4.1625(UIF)

Volume - 6 | Issue - 2 | March - 2016



## SEDENTARY WOMEN'S LIFESTYLE



**Mainawslary**

Research Scholar, School of Physical Education, DAVV.Indore, M.P.

---

### ABSTRACT :

The purpose of the study was to investigate the sedentary women's Lifestyle of DAVVI Girls Hostels. Total 40 girls were selected as subject for this each twenty in a group 20 sportswomen and 20 sedentary women's. The age of the subject was arranged between 18-25 years. Standardized questionnaire Lifestyle Assessment Inventory developed by Anspangh David S.Michal, H.Hamrich and Fran D.Rosato was used to assess and to compare the Lifestyle of the subjects. Means, standard deviation and Independent t-test was used to analyse the data, and level of significant was set at .05. Significant was found between the groups in Physical Assessment due to sportswomen of DAVVI hostellers have daily schedule of Physical activity. In Social Wellness Assessment there was significant between the groups. No Significant was found between the Sportswomen and sedentary women in Alcohol & Drugs Assessment, Nutritional Assessment, Intellectual Assessment and Stress control Assessment, Spiritual Wellness Assessment and in Emotional Wellness Assessment there was significant the reason may be the people have a different Lifestyle and different view to live a life.

---

## SEDENTARY WOMEN'S LIFESTYLE

---

Sports person have to face the situation of win and defeat in the competition and cope up with the circumstance. So they are emotionally strong as compare to sedentary people.

**KEYWORD:** sedentary women's Lifestyle , Physical Assessment , Alcohol & Drugs Assessment, Nutritional Assessment, Intellectual Assessment .

### INTRODUCTION:

A sedentary lifestyle is a type of lifestyle with no or irregular physical activity. Doing regular physical activity can make you feel good about yourself and it can have a number of benefits for your health. Regular physical activity also helps to control weight and may help to ease stress.[1]Exercise means the daily practice of doing some physical work. Exercise is the key to good health and fresh mind. The daily practice of some physical work does not mean to take stress on body, but it is actually the stress relieving activity. A good health is obligatory for doing a good work. A famous quote is "A sound body has a sound mind"

It means that if a person is weak, dull, and sick, he is not able to do his work efficiently and quickly. It is very important to have a fresh mind before any work, like office work, study or some creative work. The people who make exercise as essential part of their routine are more happy and efficient than others. Exercise does not mean to go to gym or some club for daily activity; it only means to do some physical activity no matter how and where. Many people chose jogging in the morning which is a excellent way of refreshing mind. Another good way of exercise at home is jumping rope, which is equally beneficial for both males and females. If you don't want to do any of these exercises then still you can do exercise. Just stand in fresh air in the morning and take deep breaths, this will greatly impact your mind.If you want to improve your work and want to make your position high in society then make sure that you do some exercise daily, because it is necessary for you, and your health.[2]

### OBJECTIVES OF THE STUDY

The main objective of the study was to assess and to compare the Lifestyle of sedentary women and Sports women DAVV Indore hostellers.

### METHODOLOGY

The purpose of the study was to investigate thesedentary women's Lifestyle.

Selection of subjects:The subjects selected for this study were 40 females 20 each in a group 20 sportswomen and 20 sedentary people from DAVV Indore Girls Hostel. The age of the subjects ranged between 18-25 years. Scores obtained in the Lifestyle Assessment Inventory questionnaire were considered as criterion measure of the study.

### TOOLS OF DATA COLLECTION

The questionnaire used for the study was Lifestyle Assessment Inventorydeveloped by Anspangh David S.Michal, H.Hamrich and Fran D.Rosato [3] which assesses Lifestyle of the subjects. The inventory contains total 80 items, these questions/ statements were evenly divided in eight Lifestyle contents namely PA,ADA, NA, SWA, SWA,EWA, SCA and IWA. There were ten questions statements for each life style aspect.

## SEDENTARY WOMEN'S LIFESTYLE

### COLLECTION OF DATA

Data was collected from the different DAVV Indore Girls Hostels. All the subjects were instructed to respond independently. There was no time limit for the completion of the questionnaire but the subjects were instructed not to ponder too long over any statement and respond all the statements in the questionnaire independently.

### FINDINGS

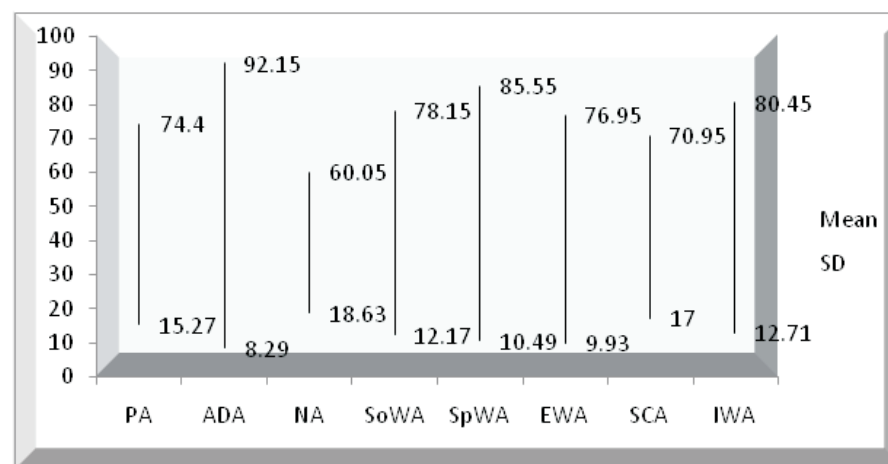
In order to analyse the data of the study descriptive statistics was applied and for comparing the Lifestyle Assessment of sportswomen and sedentary women of DAVV Indore Girls Hostels 't' test was used. The level of significance for t' test was set at .05

**Table -1 Descriptive Measure of Wellness Lifestyle of Sportswomen of DAVV Indore Girls Hostels**

Variable	N	Mean	Std.Dev
PA	20	74.40	15.27
ADA	20	92.15	8.29
NA	20	60.05	18.63
SoWA	20	78.15	12.17
SpWA	20	85.55	10.49
EWA	20	76.95	9.93
SCA	20	70.95	17.00
IWA	20	80.45	12.71

Table -1 represents the means and standard deviation of physical assessment, alcohol & drugs assessment, nutritional assessment, social wellness assessment, spiritual assessment, emotional assessment, stress control assessment and intellectual assessment of Sportswomen of DAVV Indore Girls hostels. The graphical representation of the means of wellness lifestyle of Sportswomen of DAVV Indore Girls hostels

**Fig -1: Means and standard deviation of wellness lifestyle of Sportswomen of DAVV Indore Girls hostels**

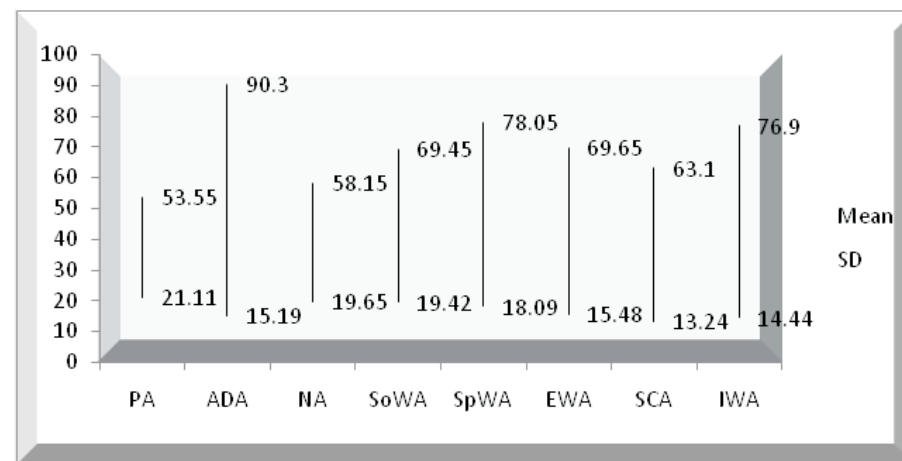


**Table – 2 Descriptive Measure of Wellness Lifestyle of Sedentary women of DAVV Indore Girls Hostels**

Variable	N	Mean	Std.Dev
PA	20	53.55	21.11
ADA	20	90.30	15.19
NA	20	58.15	19.65
SoWA	20	69.45	19.42
SpWA	20	78.05	18.09
EWA	20	69.65	15.48
SCA	20	63.10	13.24
IWA	20	76.90	14.44

Table -2 represents the means and standard deviation of physical assessment, alcohol & drugs assessment, nutritional assessment, social wellness assessment, spiritual assessment, emotional assessment, stress control assessment and intellectual assessment of Non Sportswomen of DAVV Indore Girls hostels. The graphical representation of the means and standard deviation of wellness lifestyle of Sportswomen of DAVV Indore Girls hostels.

**Fig -2: Means and standard deviation of wellness lifestyle of Sedentary women of DAVV Indore Girls hostels**



**Table 3: Mean difference and t- ratio of Physical Assessment of Sportswomen and Sedentary women of DAVV Indore Girls Hostels**

Physical Assessment				
Sportsmen	Non Sportsmen	MD	SE <sub>DM</sub>	't'
74.40	53.55	20.85	5.827	3.57

\*Significant at  $t_{.05}(38) = 1.68$

#### SEDENTARY WOMEN'S LIFESTYLE

---

Table – 3 revealed that there was significant difference found between Sportswomen and Sedentary women in Physical assessment, as obtained t valued was 1.68 which was greater than the tabulated  $t_{.05}(38) = 1.68$ .

**Table 4: Mean difference and t- ratio of Alcohol & Drugs Assessment of Sportswomen and Sedentary women of DAVV Indore Girls Hostels**

Alcohol & Drugs Assessment				
Sportsmen	Non Sportsmen	MD	SE <sub>DM</sub>	't'
92.15	90.30	1.85	3.869	0.47

\*Significant at  $t_{.05}(38) = 1.68$

Table – 4 revealed that there was no significant difference found between Sportswomen and Sedentary women in Alcohol & Drugs Assessment, as obtained t valued was 0.47 which was less than the tabulated  $t_{.05}(38) = 1.68$

**Table 5: Mean difference and t- ratio of Nutrition Assessment of Sportswomen and Non Sedentary women of DAVV Indore Girls Hostels**

Nutrition Assessment				
Sportsmen	Non Sportsmen	MD	SE <sub>DM</sub>	't'
60.05	58.15	1.90	6.055	0.31

\*Significant at  $t_{.05}(38) = 1.68$

Table – 5 revealed that there was no significant difference between Sportswomen and Sedentary women in Nutritional Assessment, as obtained t valued was .031 which was less than the tabulated  $t_{.05}(38) = 1.68$

**Table 6: Mean difference and t- ratio of Social Wellness Assessment of Sportswomen and Sedentary women of DAVV Indore Girls Hostels**

Social Wellness Assessment				
Sportsmen	Non Sportsmen	MD	SE <sub>DM</sub>	't'
78.15	69.45	8.70	5.125	1.77

\*Significant at  $t_{.05}(38) = 1.68$



#### SEDENTARY WOMEN'S LIFESTYLE

---

Table – 6 revealed that there was significant difference between Sportswomen and Sedentary women in Social Wellness Assessment, as obtained t valued was 1.77 which was greater than the tabulated  $t_{.05}(38) = 1.68$

**Table 7: Mean difference and t- ratio of Spiritual Wellness Assessment of Sportswomen and Sedentary women of DAVV Indore Girls Hostels**

Spiritual Wellness Assessment				
Sportsmen	Non Sportsmen	MD	SE <sub>DM</sub>	't'
85.55	78.05	7.500	4.677	1.603

\*Significant at  $t_{.05}(38) = 1.68$

Table – 7 revealed that there was no significant difference between Sportswomen and Sedentary women in Spiritual Wellness Assessment, as obtained t valued was 1.603 which was less than the tabulated  $t_{.05}(38) = 1.68$ .

**Table 8: Mean difference and t- ratio of Emotional Wellness Assessment of Sportswomen and Sedentary women of DAVV Indore Girls Hostels**

Emotional Wellness Assessment				
Sportsmen	Non Sportsmen	MD	SE <sub>DM</sub>	't'
76.95	69.65	7.30	4.113	1.77

\*Significant at  $t_{.05}(38) = 1.68$

Table – 8 revealed that there was significant difference between Sportswomen and Sedentary women in Emotional Wellness Assessment, as obtained t valued was 1.77 which was greater than the tabulated  $t_{.05}(38) = 1.68$ .

**Table 9: Mean difference and t- ratio of Stress Control Assessment of Sportswomen and Sedentary women of DAVV Indore Girls Hostels**

Stress Control Assessment				
Sportsmen	Non Sportsmen	MD	SE <sub>DM</sub>	't'
70.95	63.10	7.85	4.819	1.63

\*Significant at  $t_{.05}(38) = 1.68$



## SEDENTARY WOMEN'S LIFESTYLE

Table – 9 revealed that there was no significant difference between Sportswomen and Sedentary women in Stress Control Assessment, as obtained t valued was 1.63 which was less than the tabulated  $t_{.05}(38) = 1.68$ .

**Table 10: Mean difference and t- ratio of Intellectual Wellness Assessment Sportswomen and Sedentary women of DAVV Indore Girls Hostels**

Intellectual Wellness Assessment				
Sportsmen	Non Sportsmen	MD	SE <sub>DM</sub>	't'
80.45	76.90	3.55	4.303	0.824

\*Significant at  $t_{.05}(38) = 1.68$

Table – 10 revealed that there was no significant difference between Sportswomen and Sedentary women in Intellectual Wellness Assessment, as obtained t valued was 0.824 which was less than the tabulated  $t_{.05}(38) = 1.68$ .

## DISCUSSION OF FINDING AND CONCLUSION

Physical Assessment of Sportswomen and Sedentary women of DAVV Indore Girls Hostels were found significant difference between the groups. The reason may be sportswomen of DAVVI have a daily schedule of physical activity. So sportswomen of DAVVI hostellers have better Physical assessment as compare to sedentary women. The result shows that there was no significant difference between the sportswomen and sedentary women in Alcohol and drugs Assessment because according to the lifestyle of modern day all were aware alcohol and drugs. In social wellness assessment there was also found significant difference between the groups. Generally sports person were socially in nature because of the team work. As compare to sedentary people sports person were mix match with the people. The reason may be in Sports competition sports person have to cooperate and adjust with all kind of nature people. The sports person has to maintain their nutrition due to daily routine of Physical activity. But the study show that there was no significant difference between the Sportswomen and Sedentary women in Nutritional Assessment, the reason may be sedentary people also maintain their nutrition to become a healthy lifestyle. Spiritual Wellness Assessment there was no significant difference between the groups the reason may be now a day people know the value, meaning of life for ourselves and purpose of existence. They have to believe in God and Religion but in different manner. There was significant difference between the groups in Emotional Wellness Assessment the reason may be the sports person have to face the situation of win and defeat in the competition and cope up with the circumstance. So they are emotionally strong as compare to sedentary people. In Stress control Assessment there was no significant difference between the sportswomen and sedentary women. The reason may be the hectic schedule of college time like sectional, assignment, extra curriculum activity and semester examination of the college time table. So they were not easily distracted, having patience and not express their anger. Intellectual Assessment according to the study there was also no significant difference between the groups the reason may be due to social networking side people were very update about current affairs and political issue around the environment and people were connect to each other through social network.

**REFERENCES**

1. Pate, Russell R.; O'Neill, Jennifer R.; Lobelo, Felipe, "The Evolving Definition of "Sedentary"" <http://patient.info/health/physical-activity-for-health>.
2. <http://www.mystudycorner.net/essay-importance-exercise-speech-importance-exercise/>
3. Anspangh David S. Michal, H. Hamrich and Fran D. Rosato (1994). Wellness: Concepts and Application.
4. Moradhvaj Singh, "A comparative study of stress between under graduate and post graduate students of different professional courses" Indian Streams Research Journal, Volume - 5 Issue - 8 Sept – 2015
5. Kevin R. Fontaine, Ivan Barofsky, Ross E. Andersen, Susan J. Bartlett, Lori Wiersema Lawrence J. Cheskin Shawn C. Franckowiak, "Impact of weight loss on Health-Related Quality of Life" Quality of Life Research, May 1999, Volume 8, Issue 3, pp 275-277
6. Craig, K. Hancock & M. Craig, "The lifestyle appraisal questionnaire: A comprehensive assessment of health and stress" Psychology & Health, Volume 11, Issue 3, 1996

# Publish Research Article International Level Multidisciplinary Research Journal For All Subjects

Dear Sir/Mam,

We invite unpublished Research Paper, Summary of Research Project, Theses, Books and Book Review for publication, you will be pleased to know that our journals are

## Associated and Indexed, India

- ★ International Scientific Journal Consortium
- ★ OPEN J-GATE

## Associated and Indexed, USA

- Google Scholar
- EBSCO
- DOAJ
- Index Copernicus
- Publication Index
- Academic Journal Database
- Contemporary Research Index
- Academic Paper Database
- Digital Journals Database
- Current Index to Scholarly Journals
- Elite Scientific Journal Archive
- Directory Of Academic Resources
- Scholar Journal Index
- Recent Science Index
- Scientific Resources Database
- Directory Of Research Journal Indexing

Indian Streams Research Journal  
258/34 Raviwar Peth Solapur-413005, Maharashtra  
Contact-9595359435  
E-Mail-ayisrj@yahoo.in/ayisrj2011@gmail.com  
Website : [www.isrj.org](http://www.isrj.org)