

PHYSICAL ACTIVITIES AS THERAPEUTIC MEANS OF HEALTHFUL LIVING AMONG STUDENTS OF UNIVERSITY OF ILORIN, NIGERIA

Surajudeen¹, Tosho Bakinde^{1*}

^{1*}Department of Human Kinetic and Health Promotion Faculty of Education,
University of Ilorin, Ilorin Nigeria

HIGHLIGHTS

- Healthful living extends to areas such as the state of mind, relationship with people, environment, mental health, physiological state of the body, ability of an individual, interests, habits, behavior, taking full responsibility and making smart and good health choices for today and for the future.
- that there was significant influence effect of physical activities among students in their daily activities of an active healthful living and that there was significant influence of student's knowledge about physical activities and physiological functioning among students of University of Ilorin.
- Physical activities have positive impact on the healthful living of the University of Ilorin students and physical activities also influence the daily life activities and healthful living of students of University of Ilorin.

ABSTRACT

Healthful living extends to areas such as the state of mind, relationship with people, environment, mental health, physiological state of the body, ability of an individual, interests, habits, behavior, taking full responsibility and making smart and good health choices for today and for the future.

OBJECTIVE: To evaluate the physical activities as therapeutic means for healthful living among students of University of Ilorin, Nigeria.

MATERIAL AND METHODS: This descriptive survey was used to enable researchers to obtain quick information on physical activities as therapeutic means of healthful living among students of University of Ilorin, Ilorin, Kwara State directly from the primary source and also conducting rigorous quantitative and qualitative

research. Multi-stage sampling technique was used to select sample for this study. First, proportionate sampling technique using researcher advisor models was used to sampled 5% (200) undergraduate students from 4000 undergraduates in and simple random sampling technique was used to select 200 undergraduate students for the study. The instrument was self-structured questionnaire validated and tested for reliability through test-retest method. Chi-square (χ^2) statistic was used to test the hypotheses at 0.05 alpha level and to test the relationship between categorical variables stated in the hypotheses.

RESULTS: Results showed that the calculated value of 70.89 was greater than the critical value of 21.03 at the degree of freedom of 12 at 0.05 alpha level. This means that there was significant influence of the impact and benefit of physical activities in promoting and maintaining the better health of students. The results also revealed that there was significant influence effect of physical activities among students in their daily activities of an active healthful living and that there was significant influence of student's knowledge about physical activities and physiological functioning among students of University of Ilorin.

CONCLUSION: The study concluded that there was significant influence of the impact and benefits of physical activities in promoting and maintaining the better health of students in University of Ilorin and physical activities had significant influence on the daily activities and healthful living of students of University of Ilorin.

KEYWORDS: physical activities; healthful living; university students

Corresponding Author: Bakinde T, University of Ilorin, Ilorin Nigeria

Email: bakinde41@gmail.com

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INTRODUCTION

The world we live in is complex with its numerous frustrations, stress and unhappiness and all leading to unhealthy status. Healthful living is a combination of physical, mental and emotional health. Students should experience sequential program that will involve learning a variety of skills that enhances a person's quality of life and wellness. Healthful living extends to areas such as the state of mind, relationship with people, environment, mental health, physiological state of the body, ability of an individual, interests, habits, behavior, taking full responsibility and making smart and good health choices for today and for the future.

According to World Health Organization¹, health education is any combination of learning experiences designed to help individuals and communities improve their health attitudes. According to Katheleen Holmes M,² health education is the capacity of an individual to obtain, interpret and understand basic services and the competence to use such information and services in ways that are health enhancing. According to Mc Adams E,³ health is such a significant concern that people need to be taught about it. Health education is one of the broadest fields of education encompassing key areas like environmental, physical, social, emotional, intellectual and spiritual health.

By teaching people about health, health literacy increases to a desirable level. Traditionally, health has been identified as not only the presence or absence of disease. However, the definition of health has received a more hoisted approach which reflects health in relationship with a variety of factors such as individual's physical, social, psychological factors, as well as the creativity and productivity of a person^{4,5}. According to

Fitzgerald S.A,⁶ health is not just a state of complete physical, mental and wellbeing. Neither is it merely the absence of disease or infirmity.

Exercise is the most natural way to improve health, gain physical therapy and enhance the quality of life. Exercise can improve an individual's appearance and ability to participate in athletic or recreational sports. It adds years to life as well as life to years^{7,8} maintained that our bodies were designed for physical activity. Only few occupations provide enough to maintain health. The home maker, student and office worker have busy stressful lives and may feel tired at the end of the day, but they lack the physical activity vital to tone muscles, stimulate through the heart and lungs or produce a training effect. This has resulted in some diseases like obesity, coronary heart diseases, cancer and diabetes.

Exercise is performed for various reasons including strengthening muscles and cardiovascular system, honing athletics skills, weight loss or maintenance, as well as for the purpose of enjoyment. Exercise could be described as the physical activity that is planned, structured and repetitive for the purpose of conditioning any part of the body. Exercise is used to improve health, maintain fitness and is important as a means of physical rehabilitation. Due to the stress of attending classes and doing assignments, many students hardly pay particular attention to the therapeutic benefits of physical activity to their health and well-being.¹⁰

Physical activity plays an important role in health and development of individuals especially students, participation in regular physical activity in adulthood contribute to a healthier lifestyle and help reduce the onset of degenerative diseases and other chronic ailments.⁹ Identifying the contributions of key determinants of physical activity in early adulthood is essential to optimize activity levels and maximize the possibility of physical active lifestyle in future years. Many

people do not value the need for regular exercise as sedentariness has been the order of the day. Many students have spent a lot of money on transportation and accommodation just to meet academic demands but have not cared to be personally involved in regular exercise programmes.¹¹

Lack of facilities, equipment and qualified personnel may be given as some reasons for non-involvement, ignorance about the benefits of participations in regular exercise may undoubtedly be the most important reason. This has caused the deterioration of the body system due to lack of exercise which cause hypo-kinetic diseases and death and therefore was commissioned to assist students combat these conditions. This study evaluated the influence of organized physical activity as therapeutic means of enhancing healthy living among students in University of Ilorin.

MATERIAL AND METHODS

The descriptive survey was concerned with how physical activity as a therapeutic means of enhancing healthy living among students of university of Ilorin. The population of this study covered 4000 students of University of Ilorin. The students of remedial study programmer were excluded as well as post-graduate students from this study. For the purpose of this study, 5% of the population was used. Five out of 15 faculties in University of Ilorin were chosen using multistage sampling technique. Five faculties were randomly selected from the 15 faculties. Two departments each were selected from each faculty of the five selected, making 20 students from 10 departments. Therefore, a total of 200 respondents were selected using random sampling technique.

The questionnaire was designed to elicit information from students on how physical activities serve as a therapeutic means of healthy living among university of Ilorin students. The questionnaire consisted of two sections; section A

was on personal information while section B was designed to elicit information on how physical activities serve as a therapeutic means of healthy living among students of university of Ilorin. Section B, however, consisted of items in four categories to gather data on the various variables. The respondents were asked to tick against the response of their choice by noting the response rating system which consisted of SA (strongly agree), A (agree), D (disagree), SD (strongly disagree). The instrument of the study was validated by three (3) experts who reviewed the items in order to drop those considered irrelevant and to retain the relevant ones. The draft questionnaire was given to three experts in the field of Human Kinetics Education. Their suggestions were used to prepare the final copy as the research instrument used for this copy.

RESULTS

The calculated value of 70.89 was greater than the critical value of 21.03 at the degree of freedom of 12 at 0.05 alpha level, the null hypothesis was thereby rejected (table 2). This means that there was significant influence of the impact and benefit of physical activities in promoting and maintaining the better health of students. It was showed that the calculated value of 74.83 was greater than the critical value of 21.03 at the degree of freedom of 12 at 0.05 alpha level, the null hypothesis was thereby rejected (table 3). This means that there was significant influence effect of physical activities among students in their daily activities of an active healthful living.

The calculated value of 86.39 was greater than the critical value of 21.03 at the degree of freedom of 12 and at 0.05 alpha level, the null hypothesis is thereby rejected (table 4). This means that there is significant influence of students' awareness of the psychological impact and benefit of physical activities among students of University of Ilorin and it showed that the calculated value of 33.43 was greater than the critical value of 21.03 at the degree of freedom of 12 and at 0.05 alpha level (table 5). This means that there was significant

influence of student's knowledge about physical activities and physiological functioning among students of University of Ilorin.

Table 1:
Percentage Distribution of Respondents by Gender, Age, Faculty and Level

Gender	Frequency	Percentage
Male	111	55.5%
Female	89	44.5%
Age		
16-18	17	8.5%
19-21	75	37.5%
22-24	67	33.5%
25-27	41	20.5%
Faculty		
Education	47	23.5%
Art & Social Science	43	21.5%
Law	37	18.5%
Agriculture Science	36	18%
Engineering	37	18.5%
Level		
100	39	19.5%
200	40	20%
300	66	33%
400	50	25%
500	5	2.5%

Table 2: Physical Activities and Social Function

Sr #	ITEMS	SA	A	D	SD	Row Total	CAL χ^2 Value	Table Value	df	Decision
1	Physical activities will reduce the student's sedentary lifestyle	7	95	23	11	200	70.89	21.03	12	H_0 Rejected
2	Regular exercise improves mental stamina	110	80	10	0	200				
3	Physical exercises reduce weight and risk of obesity	122	69	8	1	200				

Sr #	ITEMS	SA	A	D	SD	Row Total	CAL χ^2 Value	Table Value	df	Decision
4	Physical activities will improve the mental and physical ability of the students	94	99	7	0	200	70.89	21.03	12	H_0 Rejected
5	To maintain better health, a total of at least 30 mins exercise per day is required	83	102	13	2	200				
		480	445	61	14	1000				

Table 3: Physical Education and Mental Development

Sr #	ITEMS	SA	A	D	SD	Row Total	CAL χ^2 Value	Table Value	df	Decision
1	Physical well-being of a student is directly related to his or her performance in class	40	106	46	8	200	74.83	21.03	12	H_0 Rejected
2	Physical education plays a vital role in the student's development and growth	86	94	16	4	200				
3	Knowledge of physical and health education should be available to all undergraduate students	79	103	12	6	200				
4	Knowledge of physical education will assist positive health behavior	78	108	13	1	200				
5	Through physical and health education, students are prepared to obtain, interpret and apply basic health information and services	51	128	18	3	200				
		480	445	61	14	1000				

Table 4: Physical Activities and Psychological Development

Sr #	ITEMS	SA	A	D	SD	Row Total	CAL X ² Value	Table Value	df	Decision
1	Being a female reduces the participation in physical activities	35	72	64	29	200	74.83	21.03	12	H ₀ Rejected
2	Religious oriented students are not likely to gain more physical activities	29	82	58	31	200				
3	Physical activities increase the level of perception of an individual	42	114	31	13	200				
4	Those who participate in physical activities are more educationally sound than those who do not	26	77	73	24	200				
5	Physical activities increase the level of memory of an individual	51	110	31	8	200				
		183	455	257	105	1000				

Table 5: Physical Activities and Physiological Function

Sr #	ITEMS	SA	A	D	SD	Row Total	CAL X ² Value	Table Value	df	Decision
1	Physical activities help muscular and physiological development posture and shape	113	76	10	1	200	33.43	21.03	12	H ₀ Rejected
2	A balance regime of rest and exercise is good for the body	111	85	3	1	200				
3	Physical activities help in proper functioning of the heart	101	86	12	1	200				

Sr #	ITEMS	SA	A	D	SD	Row Total	CAL X ² Value	Table Value	df	Decision
4	Physical activities improve the level of immunity against diseases	73	109	17	1	200	33.43	21.03	12	H ₀ Rejected
5	Physical activities helps in blood circulation	118	72	8	2	200				
		516	428	50	6	1000				

DISCUSSION

The findings revealed that there was significant influence of the impact and benefits of physical activities in promoting and maintaining the better health of students. Since the null hypothesis was rejected, it could be deduced that students are aware of the impact and benefit of physical activities in promoting and maintaining better health status is the capacity of an individual to obtain, interpret and understand basic services in ways that are health enhancing. Physical activity is intended to strengthen ones' health and harmoniously develop the body. It improves one's physical attributes and skills, helps develop and perfect motor skills necessary in everyday life and work, and eventually lead to physical perfection. Also important are the observance of healthful habits at work in daily life and mastering of special knowledge and skill for exercising, hardening the body, maintaining personal mental stamina.

The null hypothesis was rejected which states that physical activities has significant influence on the daily activities and healthful living of students of University of Ilorin, this finding is consistent with the submission of ⁸ who affirmed that exercise is the most natural way to improve health, gain physical therapy and enhance enjoyment of life exercises and improved your appearance and ability to participate in athletic or recreational sports. Majority of the respondents believed that through physical activity, students are prepared

to obtain, interpret and understand basic health information and services.

The null hypothesis three was rejected also because the calculated value was greater than the critical value meaning that physical activities had significant influence on students' awareness of the psychological impact and benefit of physical activities. This is also concurs with the earlier submission of ⁹ who Identifying the contributions of key determinants of physical activity in early childhood is essential to optimize activity levels in young adults maximize the possibility of physically active lifestyle in future years. This finding is backed with World Health Organization (WHO) Global Strategy¹, which states that; men were most active than women, with the biggest difference in prevalence between the two sexes in Eastern Mediterranean, this was also the case of every country.

It was concerned with the student's knowledge about physical and mental development in correcting body posture. The null hypothesis revealed that student's knowledge has significant influence on physical and mental development in correcting body posture among student of University of Ilorin. This was in accordance with the opinion of Fitzgerald et al.,⁶ that participating in regular physical activity in childhood and adolescence contribute to healthier lifestyle as an adult and help reduce the onset of type 2 diabetes, cardiovascular disease and other chronic ailment. Also, WHO¹ gave the opinion that physical activity is also appropriate and useful for recovery from heart disease with exercise based, cardiac rehabilitation programs having effective and therapeutic effect on stroke and less clear with studies showing inconsistent

CONCLUSION

This study concluded that physical activities has positive impact on the healthful living of the University of Ilorin students and physical activities also influence the daily life activities and healthful living of students of University of Ilorin.

DECLARATIONS

Consent to participate: Written consent had been taken from patients. All methods were performed following the relevant guidelines and regulations.

Availability of data and materials: Data will be available on request. The corresponding author will submit all dataset files.

Competing interests: None

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