

QUALITY OF LIFE AND PHYSICAL FITNESS AMONG WELLBEING OF COLLEGE STUDENTS

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Abstract

Physical fitness is the capacity to bring out practically various forms of physical activities without being unduly tired and includes qualities important to the individual's health and well-being. In many cases, the cause of fatigue is the lack of regular physical exercise. Regular participation in vigorous exercise increases physical fitness. A high level of physical fitness is desirable for a full, productive life amongst such exercises sports play their important role into it. Physical fitness parameters play a considerable role in performing the fitness of college students. Various factors affect the exercise habits of college students. Some of these factors include sleep habits, diet, social life, homework, and other extracurricular activities. Although college students are aware of some of these influencing agents, they do not always take the necessary steps to change their habits. Exercise habits that an individual adheres to while in college would often determine their exercise habits for the rest of their lives.. A recommendation is to promote time management skills that are intentional about leaving adequate time for exercise. Teaching students how to balance personal life, school, and work will leave more time for them to exercise, and therefore, increase their health overall. Based on the health belief model, both positive and negative self-perceptions are motivating factors that causes people to take necessary steps to stay healthy. The purpose of this paper was to determine the various factors that affect the exercise habits of college students

Keywords: exercise and motives, stressors and college students, stress and college students, exercise and college students

INTRODUCTION

The problem of health has always been one of the most pressing problems both at the level of scientific cognition and at the level of everyday consciousness ¹. Considering the modern integrated interdisciplinary concept of health, it combines the psychological and physiological aspects of human health. The integral concept is not the only one among the theories of health, because health is studied by researchers in different scientific disciplines, including medicine, physiology, anatomy, psychology, ecology, pedagogy, and ² Individual health is essential in the strategy and tactics of health promotion, preservation, and restoration, where individual, age, gender, constitutional, regional, and social health indicators are highlighted ³ Complete health is a rare condition for most people in general. However, young people, who are students, have higher resiliency, no discomfort, their mood and well-being are good, they are full of vigor and strength, and a careful examination can show no definite abnormality . However, the majority of students usually do not have such vivid manifestations of health, well-being is a subjective characteristic . Much of the scientists consider the term “health” as a condition of an organism that enables a person to implement the genetic program in the specific conditions of the socio-cultural existence of a human to the maximum extent .

Providing young people with broad freedoms is not enough for the development of physical culture. We need a socially-oriented cultural policy, scientific knowledge that could form the high aesthetic qualities and positive needs of young people, and help to acquire the necessary means for self-improvement and self-education. Socio-economic factors, environmental issues, the lack of health priority and motivation for a healthy lifestyle as a major factor in health formation, maintenance, preservation, and recovery play an important role. However, prioritizing health, students do not take care of it because there are many self-destructive health practices among young people (smoking, drug abuse, infectious diseases, alcohol abuse, gambling, Internet addiction, game addiction, etc.).

It should also be noted that the student environment is unfavorable for the activation of the components of a healthy lifestyle; it promotes the spread of bad habits, the consequences of which students do not realize. Most students do not have the need to take care of their health developed. Such students rely on their youth, the activities of medical institutions, the authority and professionalism of doctors, and neglect such effective and economically sound means as physical culture and sports. To improve students' health, it is important to engage them in classes of physical activity of person-centered choice during extracurricular activities and to provide the opportunity to continue scheduled physical activity with a sports orientation.⁴

The greatest effectiveness of health-improving training can be achieved by using basic methodical principles (gradual and continuous physical activity, the adequacy of physical activity to the level of health, the purposefulness of the means of health-promoting training, rhythmic use of various means include fast walking, slow running, jumping, swimming, strength and speed endurance, , the priority method is circuit training

The programmatic strategy of physical education should be based on a new paradigm of health, enriched with basic knowledge in the field of biology and physiology of health, physiology of sports, on establishing causative-consecutive relationships between ordinary physical activity, mental capacity and mental health taking into account psychological characteristics of a student's personality.⁵

New mental fitness routine

Being physically active releases those feel-good endorphins, dopamine, and promotes the expression of brain derived neurotrophic factor (BDNF) that can enhance your sense of well-being and reduce stress. Consider making time for your physical well-being by sticking to a healthy sleep schedule, picking nutritious meals, or taking part in stress management techniques such as meditation or yoga.

Find a resilient role model that you feel is mentally strong, this could be a friend, family member, or even a co-worker. Spend time with them and learn how they respond to challenging situations in their life. If you feel comfortable, ask for advice on difficulties you're facing.

Learning through adversity or failure is key to training your brain for the next challenge in your life. If you can recognize, accept, and aspire to grow, you're inadvertently helping yourself for future situations. This is called strengthening your growth skillset. For example, purposely identifying something that you could fail at – like trying a new recipe or skill –and

testing your ability to be agile in the process. Practicing failure will allow you to be mentally nimble and regulate your brain's flight or fight response when challenges come your way.⁶

Having a realistic optimism means you confront, rather than avoid, the situation you may be in. You can think of this as the converse of learned helplessness which is a state in which a person feels powerless to change a stressful situation on their own. This requires reframing your outlook and could be aided by stress management techniques such as meditation or functional or adaptive mental health techniques. Help to remind yourself of the meaning of your life and the lives of others through purposeful activity. By actively pursuing a purposeful activity you can inadvertently help reset your thinking. For example, participate in a community event that has a common purpose or goal rather than passively scrolling social media or a newsfeed.

Keeping up with your mental fitness routine takes time and discipline. If you don't feel you're making progress or you feel like the weight of trauma is getting heavier and lasting more than a month - consider learning about post-traumatic stress disorder (PTSD) and talking to a mental health professional.

The human body (physical status), one's mind and ability to think (intellectual component), moral and ethical principles (moral component), the ability to control emotions (emotional component), the ability to adapt to the conditions of life and work (a component of social status) are formed and developed. On the basis of the proposed conception, the author distinguishes the components of the health of a well-developed personality – physical, mental, social statuses; outlines the structure of the constituents of each, which teachers of HEI should take into consideration while working with students, namely the five hierarchically branched levels of health structure.⁷

- The first level of health structure is integral individual health.
- The second level is health status, including physical, mental and social.
- The third level of health structure is formed by the components of statuses.

The components of physical health are internal physiological systems of an organism; control systems of an organism. The constituents of mental health intelligence; emotions; character. The components of social health include adaptation to physical conditions of life; adaptation to working conditions; adaptation to the moral and ethical standards of the environment.

The fourth level is the integral components. Internal physiological systems of an organism are physiological systems of the internal sphere (circulatory system, respiratory system, exchange systems); control systems of the body (nervous and endocrine systems). The components of intelligence include logical, associative, algorithmic, spatial thinking; memory; attention; focus; concentration, etc.⁸

The constituents of the emotional component embrace mental experiences – the internal (impressive) mental constituent of emotions; the display of emotions externally (motor and behavioral acts, facial expressions, speech) – the external (expressive) mental constituent of emotions

The primary objective of this physical fitness to engage students in the personal-oriented choice of fitness technologies, the development of differentiated methods of physical education classes, the complexes of special physical exercises that will allow increasing

motor activity, working capacity, to improve the functional state of an organism, and to preserve students' health

At the same time, we should undertake extensive educational and explanatory work on:

- the concept of health and its components;
- teaching the methods of determining the physical state and assessing one's own health;
- drawing students' attention to the preservation of their own health as the highest value of life; - fostering a sense of responsibility for one's own behavior and abandoning self-destructive youth health habits;
- teaching to acquire self-care skills;
- identifying and using the most important priorities of a healthy lifestyle as the factors for forming, preserving, strengthening, restoring and passing on health to the next generations;
- providing students with rational means and methods of physical education for the prevention of cardiovascular diseases, the diseases of the respiratory system, musculoskeletal system, metabolic disorders, etc.;
- the ability to define rational motor activity as a factor of improving one's own health and following it in practice; - the ability to properly use different types of becoming tempered (sunbathing, air baths, water procedures, winter swimming, walking barefoot, use of baths, etc.);
- the formation of a positive concept of active rest, providing knowledge, skills, and abilities to properly organize one's leisure and the leisure of close people; - the ability to find one's social status, harmony with nature and one's own place in society.

Physical fitness is not only one of the vital keys to a balanced body, but also the basis of dynamic and creative activity. Physical fitness helps you feel more mentally relaxed and better able to handle the demands of daily life ⁹We are getting acquainted with the modern amenities at a very rapid rate in our region. So, we are neglecting physical activities that are normal. The current attractive education system has helped to improve the educational standards. But, the non-active, stressful and sedentary life has made the youth physically unfit. Now, the time has come to consider about the physical fitness and exercise in the adolescent age group. Realizing this fact, educationalists have recommended minimal physical exercise in the curriculum ¹⁰ Between 12 and 16 years of age, the physique changes; during this growth phase, height, weight and maximum aerobic capacity will reach to their peak. So, to achieve good fitness in children, sports programmes should be arranged. There are many benefits of physical fitness, such as improved levels of intelligence, tolerance, activity and social behaviour ¹¹ Promoting physical activity among college students may be an important strategy to ensure that they develop regular physical activity habits which they can continue throughout their adult life. Physical activity is seen to influence the improvement of fitness parameters among college students.

Agility and balance are essential physical fitness parameters that determine the physical status of an individual. Agility is "a rapid whole body movement in response to a stimulus, with a change of running direction" ¹² Agility involves moving the upper body segments in order to change the running direction quickly without losing the balance. Performance in agility run (shuttle run) depends upon factors like speed of movement, acceleration ability, stride length and the ability to change direction quickly in the shortest possible time ¹³

Athlete from various sports needs balance control to boost their performance, depending on the type of game they play. It may be necessary to consider performance differences when recommending balance exercises for athletes in various sports¹⁴

Maintaining balance in both static and dynamic postures is crucial for the performance of fundamental motor skills and is therefore a vital element in children's daily lives. Balance skill and agility are motor abilities that are more easily acquired and improved with specific training at early ages and at the required age levels. Improvement of these abilities is only possible through regular and systematic physical training and through participation in multidimensional physical activities of different games and sports.

Conclusion

The basis of improving health and increasing the level of physical fitness of students is physical education, aimed at improving functional abilities of an organism, the development of physical qualities (strength, speed, endurance, flexibility, coordination), simultaneously improving special physical and technical readiness concerning the types of physical activity and acquisition of professionally-applied psychophysical skills and abilities, and in general, aimed at the improvement of health state.¹⁵

The introduction of new forms and technologies of physical education of students, aimed at providing the foundation of health, requires the creation of a fundamentally new infrastructure of the national system of physical education of students. The new forms and technologies of physical education of students are ultimately determined not only by the efficiency of using the methods, the availability of training bases, the material and technical support, the initial level of physical fitness and the state of health of students but by the whole complex of environmental, socio-economic, psychologically. If this research will enable to establish the fitness management information system covering physical fitness parameters of college students. Moreover it would facilitate the selection of youth for sports competitions and long term planning for nurturing talents.

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