

A Study of Leisure Time Physical Activity and Life Satisfaction of Rural Women in Relation to their Academic Performance

A Thesis

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CHAPTER-V

5. Summary, Conclusion & Recommendations

5.1 Summary

Leisure time physical activity is the free time one gets in the course of the day after work. It simply means a period which one spend doing things other than routine work and leisure time activities are those which are done in that period. Leisure time activities are helpful in reducing stress and diverting attention away from the hectic work schedule, it includes any type of recreational activities. The purpose of the study was to find out the significant difference of Leisure time activities scale & sub-parameters; Religious activities, Social activities, Sports activities, literary activities, Travel activities, Recreational activities, Media and communication & Household Activities and life satisfaction between 18 to 25 and 26 to 35 year rural women's of Punjab. The researcher collected the data on five hundred (N=500), rural women's of Malwa region (Punjab). The subjects were purposively assigned into two groups:

Group-A: Women's of 18 to 25 year (n1=250)

Group-B: Women's of 26 to 35 year (n2=250)

The following variables were selected for the present study:

- Leisure time activities
- Life satisfaction
- Academic Performance

Selection of tool

- Leisure time activities scale (LTAS) Dr. S. K. Bawa and Poonam.
- Life satisfaction scale (LSS) Q.G. Alam and Ramji Srivastava, 2001

The Statistical Package for the Social Sciences (SPSS) version 16.0 was used for all analyses. After collecting the data researcher apply the descriptive statistic and unpaired t test. The level of significance at 0.05. The results show that significant differences were found with regard to the Leisure time activities scale & sub-parameters; Religious activities, Social activities, Sports activities, literary activities, Recreational activities, Media and communication & Household Activities.

Life Satisfaction Scale (LSS) Alam G.Q & Srivastava Ramji, 2001

Life satisfaction scale develops by Q.G. Alam and Ramji Srivastava has been used to find out the adjustment problems faced by respondents in rapidly changing societies. 60 items related to six areas namely health, personal, economic, marital,

social and job were put in the scale to test life satisfaction of respondents. The responses are to be given in yes/no. Yes responses indicate the satisfaction. It takes 20 minutes to complete the questionnaire. Life satisfaction between 18 to 25 and 26 to 35 year rural women's of Punjab. In other hand Travel activities shows the significant differences and when we correlate the both parameters in both groups we observe the in significant relationship at the level of 0.05 percent.

Academic Performance

Academic Performance with Life satisfaction regard to 18 to 25 year rural women's of Punjab. When we correlate both parameters in both groups we observe the insignificant relationship. Relationship between Academic Performance with Life satisfaction regard to 26 to 35 year rural women's of Punjab. it is more than the tabulated value means significant relationship between these two variables.

5.2 Conclusions of the Study

Based on the findings of this study, the following conclusions were drawn:

- The results strongly confirm that, significant differences were observed between 18 to 25 year year rural women's of Punjab for their Leisure time activities scale & sub-parameters; Religious activities, Social activities, Sports activities, literary activities, Recreational activities, Media and communication & Household Activities. But in significant differences were observed in sub-parameter of Travel activities.
- The results strongly confirm that, significant differences were observed between 26 to 35 year rural women's of Punjab for their Leisure time activities scale & sub-parameters; Religious activities, Social activities, Sports activities, literary activities, Recreational activities, Media and communication & Household Activities. But in significant differences were observed in sub-parameter of Travel activities
- The result authenticated that; there were significant differences between 18 to 25 year rural women's of Punjab for their life satisfaction scale.
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- The results substantiate that, insignificant relationship were observed leisure time

activities with life satisfaction scores regard to 18 to 25 year rural women's of Punjab.

- Results validate that, insignificant relationship were found in leisure time activities with life satisfaction scores regard to 26 to 35 year rural women's of Punjab.
- The results strongly confirm that, significant differences were observed between 18 to 25 year rural women's of Punjab for their leisure time activity with academic performance.
- The results strongly confirm that, significant differences were observed between 18 to 25 year rural women's of Punjab for their leisure time activity with academic performance.
- The result authenticated that; there were significant differences between 18 to 25 year rural women's of Punjab for their life satisfaction with their academic performance.
- The result authenticated that; there were significant differences between 26 to 35 year rural women's of Punjab for their life satisfaction scale.

5.3 Recommendations of the Study

Although the investigator has put in his best efforts on the present study, still the topic has a wide scope for further research. Thus, for future research and in the light of the results and conclusions of the study, the following recommendations are made:

- Besides Living Patterns, other factors of Dementia need to be further studied.
- Similar study may be undertaken with other variable namely, physical, physiological, anthropometrical and biomedical in addition to the variables chosen in the present study.
- Other variables, like age and health, need to be controlled.
- The study can be broadened by involving men's of other area and state use as subjects.
- A similar study may be undertaken using subjects from various regions of India.

- A similar study may be undertaken using larger sample for overall better consistency of result.