

## **CHAPTER-V**

### **SUMMARY, FINDINGS, CONCLUSIONS AND RECOMMENDATIONS**

#### **SUMMARY**

In today's world of technological advancement and modernisation, use of automobiles, passive means of entertainment and leisure time activities like television, computers, cell phones, video games etc., the young generation has diverted from an active lifestyle to a sedentary one and therefore, become prone to several health problems like obesity, increased risk of cardiovascular diseases and strokes, global mortality, diabetes, cancer, hypertension, depression, anxiety, low self esteem and body image perception etc. In such a scenario, people need to change their lifestyle and attitudes and focus on physical activities to prevent becoming prey to the development of numerous physical and mental health problems and maintain a good physical shape and psychological well-being. Optimum and regular physical activity ranging from moderate to vigorous intensity levels can do wonders to one's physical, mental, social and emotional development. Physical activities may be carried out in numerous ways and for several purposes and may be taken in the form of walking, running, cycling, gardening, swimming, doing household chores etc. As physical inactivity is a slow poison, it is important to guide the attitudes of the youth who are the work force of a nation towards regular exercise and physical activity so that they become productive citizens. Along with an active lifestyle, it is important to eat healthy because unhealthy eating behaviours can hamper the emotional and social development of an individual. College going students are more prone to this. The easy availability of junk food, lack of control of parents on the eating behaviours at this stage, emotional unrest, cult of acquiring slim figure, stress and pressure of future, fear of turning fat, unhealthy ways of reducing weight, all lead to unfavourable and unhealthy eating habits. These unhealthy eating behaviours may lead them to eating disorders like anorexia nervosa, bulimia and binge eating which ultimately becomes sickness and hamper the physical and psychological well-being of the sufferer. This in turn defeats one of the important goals of the society which is to strive for the well-being of all.

Psychological well-being is as important as physical well-being. It includes satisfaction with life, positive thoughts, freedom from tension, social support, good self-esteem, personal growth, self acceptance, positive and healthy relations with all, purpose in life and environmental mastery. Enhanced psychological well-being acts as a shock absorber for stress and helps deal with trauma in a better way. Physical activity can greatly influence psychological well-being in a positive manner and it is very important for everyone especially students to have mental solace and they be guided and given counseling in the maintenance of psychological well-being so they are able to deal with the tensions and pressures that they face as they live in a competitive environment full of anxiety and uncertainty. It is also very important to study the social class and economic background of an individual to find out the reasons for his or her involvement or non involvement in physical activities, food preferences of the young generation and the presence or absence of psychological well-being.

Hence, the purpose of the study is to examine the attitude towards physical activities, eating behaviours and psychological well-being among college women with regard to their socio-economic status. For the present study, six hundred (N=600) undergraduate college women students were selected through random sampling technique to act as subjects; out of which two hundred (n=200) were selected from arts stream, two hundred (n=200) from science stream and two hundred (n=200) from commerce stream.

The objectives of the study were; (1) To find out the significant differences with regard to the variable Physical Activity Attitude among the three levels of Socio-Economic Status i.e. High, Middle and Low of college women. (2) To ascertain the significant differences with regard to the variable Eating Behaviour among the three levels of Socio-Economic Status i.e. High, Middle and Low of college women. (3) To assess the significant differences with regard to the variable Psychological Well-Being among the three levels of Socio-Economic Status i.e. High, Middle and Low of college women. (4) To find out the relationship between the variables Physical Activity Attitude and Socio-Economic Status of college women. (5) To find out the relationship between the variables Eating Behaviour and Socio-Economic Status of college women. (6) To find out the relationship between the variables Psychological Well-Being and Socio-Economic Status of college women.

The hypotheses of the study were; (1) There would be significant differences with regard to the variable Physical Activity Attitude among the three levels of Socio-Economic Status i.e. High, Middle and Low of college women. (2) There would be significant differences with regard to the variable Eating Behaviour among the three levels of Socio-Economic Status i.e. High, Middle and Low of college women. (3) There would be significant differences with regard to the variable Psychological Well-Being among the three levels of Socio-Economic Status i.e. High, Middle and Low of college women. (4) There would be significant relationship between the variables Physical Activity Attitude and Socio-Economic Status of college women. (5) There would be significant relationship between the variables Eating Behaviour and Socio-Economic Status of college women. (6) There would be significant relationship between the variables Psychological Well-Being and Socio-Economic Status of college women.

The study was delimited to women who were studying in different colleges located in the Union Territory of Chandigarh, affiliated with Panjab University. The study was further delimited to the age group ranging between 19 to 22 years. The Analysis of Variance (ANOVA) was applied to find out the significant differences among high, middle and low socio-economic status college women on the selected variables. Where 'F' values found significant, Scheffe's Post-hoc test was applied to find out the direction and degree of differences. To test the hypotheses, the level of significance was set at 0.05. To study the interrelationship of Physical Activity Attitude and Socio-Economic Status, Eating Behaviours and Socio-Economic Status and Psychological-Well Being and Socio-Economic Status, product-moment correlation was used.

## **FINDINGS**

Keeping in mind the results of the present study, the following findings have been drawn:

### ***Findings with regard to the variable Physical Activity Attitude among high, middle and low socio-economic status college women***

It has been observed from the results (tables 4.1-4.15) that significant differences were found among high, middle and low socio-economic status college women with regard to the sub-variables; physical activity as a social experience, physical activity for health and fitness, physical activity as a pursuit of vertigo, physical activity as an aesthetic experience, physical activity for catharsis, physical activity as an ascetic experience and

physical activity attitude (total) ( $p < 0.05$ ). However, insignificant difference was found on the sub-variable physical activity and its place in University ( $p > 0.05$ ).

***Findings with regard to the variable Eating Behaviour among high, middle and low socio-economic status college women***

It has been noticed from the results (tables 4.16-4.23) that significant differences were found among high, middle and low socio-economic status college women with regard to the sub-variables; dieting, bulimia and food preoccupation, oral control and eating behaviour (total) ( $p < 0.05$ ).

***Findings with regard to the variable Psychological Well-Being among high, middle and low socio-economic status college women***

The significant differences were found (tables 4.24-4.34) among high, middle and low socio-economic status college women with regard to the sub-variables; satisfaction, sociability, mental health, interpersonal relations and psychological well-being (total) ( $p < 0.05$ ). However, no significant difference was found on the sub-variable efficiency ( $p > 0.05$ ).

***Findings with regard to the relationship between Physical Activity Attitude and Socio-Economic Status***

It has been observed from the results (table 4.35) that significant relationship was found between physical activity attitude and socio-economic status ( $r > 0.05$ ).

***Findings with regard to the relationship between Eating Behaviour and Socio-Economic Status***

It has been noticed from the results (table 4.35) that significant correlation was found between eating behaviour and socio-economic status ( $r > 0.05$ ).

***Findings with regard to the relationship between Psychological Well-Being and Socio-Economic Status***

It has been noticed from the results (table 4.35) that significant relationship was found between psychological well-being and socio-economic status ( $r > 0.05$ ).

## **CONCLUSIONS**

On the basis of the above findings, the following conclusions have been drawn:

1. High socio-economic status college women exhibited better on the sub-variables; physical activity as a social experience, physical activity as pursuit of vertigo and physical activity attitude (total) as compared to their counterparts middle and low socio-economic status groups. Similarly, middle socio-economic status students demonstrated better on the sub-variables; physical activity for health and fitness, physical activity as an aesthetic experience, physical activity for catharsis and physical activity as an ascetic experience.
2. Low socio-economic status college women demonstrated higher dieting and oral control behaviour as compared to their counterparts high and middle socio-economic status groups. Similarly, high socio-economic status college women demonstrated significantly higher bulimic and food preoccupation behaviour as compared to their counterparts from middle and low socio-economic status groups.
3. High socio-economic status college women exhibited better on the sub-variables; satisfaction, sociability, mental health, interpersonal relationships and psychological well-being (total) as compared to their counterpart middle and low socio-economic status groups.
4. It is concluded from the findings that significant relationship was found between Physical Activity Attitude and Socio-Economic Status.
5. Significant correlation was found between Eating Behaviour and Socio-Economic Status.
6. The relationship between Psychological Well-Being and Socio-Economic Status was found to be significant.

## **RECOMMENDATIONS FOR FUTURE RESEARCH**

The following recommendations have been made based on the understanding and insight about existing literature:

1. Similar study may be conducted on all the variables used in the study on an ethnically diverse population.
2. Similar study may be conducted at school level students.

3. The study may be repeated on a larger sample to arrive at more comprehensive results.
4. It is recommended that the present study may be repeated by comparing subjects selected from different geographical regions of India.
5. Scope of the present study may be widened by studying the chosen variables along with other psycho-social parameters as well as in tandem with physiological and anthropometric variables.
6. Similar study may be conducted on both males and females to find out the gender differences with regard to variables taken up in the present study.