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PERCEIVED EFFECT OF PHYSICAL FITNESS ON WELL-BEING OF STUDENTS IN ILORIN SOUTH LOCAL GOVERNMENT AREA, KWARA STATE

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Abstract

This study examined the perceived effect of physical fitness on well-being of students in Ilorin South Local Government Area Kwara State. The study adopted the descriptive research of the survey type. Simple random sampling technique was used to select two hundred and forty-one respondents. Researcher structured-questionnaire was used for data collection. Descriptive and Inferential statistics were used to answer the research question and test the stated hypothesis with the aid of statistical product and service solution (SPSS) version 20.0 at 0.05 level of significant. The findings of the study indicated that muscular endurance, muscular strength, body mass index and body flexibility had significant effect on well-being of students in Ilorin South Local Government Area Kwara State. Therefore, it was recommended that teachers should help the individual to understand the importance of physical fitness for all and not gender bias.

Introduction

Physical fitness is difficult to define and even more difficult to measure and quantify. Physical fitness is a physical state of well-being that allows people to perform daily activities with rigor, reduce risk of health problems related to lack of exercise, and provide a fitness base for participation in a variety of physical activities. Rubin et.al (2022) stated that physical fitness is the capacity of people to perform physical activities. It is a set of attributes that people have or achieve that allow them to carry out daily tasks without fatigue and enable them to have the energy to participate in a variety of physical activities. It is a state of well-being associated with low risk of health problems. Physical fitness can be described in relationship to health and skill or performance.

Globally, there has been a remarkable change in the lifestyle since the advent of the industrial revolution (Moll, 2021). Automobiles, aircrafts, the telephone, radios and several automatic machines have made life relatively easier, thereby relegating manual labour to the background. This brings about a decrease in physical fitness, and thus led to the endangerment of health and normal functioning of organs and systems (Luan et al., 2019). From time Nigerians have lived on farms or in villages and hamlets with agriculture as their main sources of livelihood,

but with increased mechanization and its attendants rural urban migration, Nigeria once a society of physically active and hardworking people is being gradually transformed into a population of anxious city dwellers and sub-urbanities purely on sedentary existence due to lack of opportunity for physical activities (Sule, 2009). However, it is recommended that youth should undertake at least 60 minutes of moderate to vigorous physical fitness programs on most, if not all days of the week (National Association for Sports and Physical Education, 2004; Department of Health and Aging, 2004).

There is evidence that adolescents do not engage in sufficient physical fitness programs to achieve these health benefits Ilorin south Kwara State adolescents inclusive (Merckel, 2020)). This situation underlines the need to dedicate more attention to the factors explaining the adoption of physical fitness, which may include past physical activity behaviour, intention to be physically active, perceived health benefit, motivation, self-efficacy, and support by significant others family influence, accessibility of sport facilities and attitude towards physical activity (Liu, et al., 2022).

However, it is recommended that youth should undertake at least 60 minutes of moderate or vigorous physical fitness programs on most, if not all days of the week (National Association for Sports and Physical Education, 2004; Department of Health and Aging, 2004). There is evidence that adolescents do not engage in sufficient physical fitness programs to achieve these health benefits Ilorin South Kwara State adolescents inclusive (Van Mechelen, Twisk, Post, Suel, Kemper, 2000; Varo, Martinez-Gonzalez, Delrala-Estevez, Kearney, Gibney, Martinez, 2003). This situation underlines the need to dedicate more attention to the factors explaining the adoption of physical fitness, which may include past physical activity behaviour, intention to be physically active, perceived health benefit, motivation, self-efficacy, and support by significant others family influence, accessibility of sport facilities and attitude towards physical activity (Ries, Granados, Galarraga, 2009).

According to Butt, Weinberg, Breckon, and Claytor, (2011), Secondary school students are entering their teenage years, a period characterised by increasing sex differences. During this period, girls may perceive or experience additional barriers to physical activity due to their physical changes widening of the hips, increased fat mass and thus feel less efficacious in physical activity.

According to Towoju, (2021) pointed out that secondary school aged students are more vulnerable for becoming obese because of a greater risk of a sedentary lifestyle and lack of access to physical activity programs. They identified unstructured time and less access to physical activity programs and facilities as barriers to physical activity. Ismail-Orire, (2021). identified computer games, television, Internet entertainment, and computers for school and work as contributing factors of sedentary behaviors. Overcoming these barriers during this transitional period in the lives of young adults is crucial. Ando, et al., (2021) concluded that secondary school students' perceptions of health and fitness were shaped by the media.

appearance and attractiveness. The students did not differentiate between health, fitness, and beauty within the context of wellness. Therefore, it will be important to gain a better understanding of physical fitness perceptions as an important factor for overall wellness.

Ismail-Orire et al., (2021), describe students in Ilorin South Local Government Area are developing lifestyle habits that are excluding regular physical activity, Physical inactivity along with sedentary behaviors, such as sitting in class or at a computer, or jobs that require sitting or standing for long periods of time, contribute to the phenomenon known as the “freshman fifteen” in which students gain a large amount of weight over a short period of time. According to Zhou and Wang, (2019) Students are more active in team games activities probably because of several continuous body movements and the comparatively large translocation across space when compared with other types of activities.

Corbin, Welk, Lindsey, Corbin (2004) opined that physical fitness is a multidimensional state daily living, as well as in recreational pursuits and leisure activities, without unreasonable fatigue of being. They added that it is the body 's ability to function efficiently and effectively. It is a state of being that consists of at least five health-related and six skill related physical fitness components, each of which contributes to quality of life. Physical fitness is associated with a person's ability to work effectively, enjoy leisure time, be healthy, resist hypokinetic disease, and meet emergency situations. It is related to, but different from, health and wellness. Hahn and Payne (2003) stressed that physical fitness is achieved when —the various systems of the body are healthy and function efficiently so as to enable the fit person to engage in activities .

Corbin et al (2004) stated the components of physical fitness as; body composition, cardiovascular fitness, flexibility, muscular endurance and strength others are agility, balance, coordination, power, reaction time and speed. According to Booth and Nowson (2010), improvements in lifestyle that include regular physical activity can improve the likelihood that individuals will not become obese. Secondary school students' perceptions of the effects of regular exercise on their future wellbeing are not definitive. In addition, an inadequate understanding of motivating factors for maintaining healthy lifestyles has not been investigated. This lack of understanding has contributed to a gap of knowledge in this field. Educators at all levels can gain greater insight to perceptions of healthy lifestyles and overall wellness. This may enable effective pathways for change in developing good habits of regular physical activity.

Biddle and Mutrie (2001) stated that healthy forms of exercise can play a key role in the promotion of mental health and wellbeing. They also note that a great deal of physical activity for health must be freely chosen in leisure time or consciously integrated one normal daily routine. This, in itself, justifies the increasing importance of studying psychological processes, such as motivation and decision making, in physical activity.

The understanding of student attitude towards exercise has resulted in a sedentary lifestyle which lead to lack of reason to participate. These sedentary factors could include partying, studying, and socializing, among others (Kaldırımçı, Yilmaz, Gurbuz, Gokkus, Budak &

Sebin. 2017), thus, an individual's reason for engaging in physical activity may be for good health or well-being, enjoyment or to catch fun or a means of recreating or for social means. Exercise is mostly lack by student during the school, and numerous studies have shown that increasing the participation in physical activity can improve many aspects of a person's well-being.

A person who is physically active and exercise regularly, will be able to adopt active lifestyle, they looked more attractive and experience changes in moods and self-esteem. Shaw, Gomes, Polotskaia, and Jankoska (2015), explained further that students who physically feel good tend to have a better emotional state. The research also showed systematic efforts to increase physical activity could improve physical fitness, mental health, and academic performance. According to WHO (2006), there is evidence to suggest that improved nutrition enhances learning ability leading to better academic performance. Exposing children to balanced and nutritious food throughout childhood reinforces lifelong eating habits thus contributing to their overall wellbeing and helping them enjoy a healthy and fulfilling life in the future. Ereaut and Whiting (2008) argue that wellbeing is no less than a group or groups of people collectively agree make a 'good life'. However, while there may be general agreement about the elements that contribute to a sense of wellbeing, individuals will vary in the importance they place on each of the elements. Dodge, Huyton and Sanders (2012), have proposed a different approach envisioning wellbeing as the balance between resources and challenges, they are argue that stable wellbeing is when individuals have the psychological, social and physical resources they need to meet a particular psychological, social and physical challenge.

Wright and Cropanzano (2004) associated with high well-being levels in individuals to be superior decision makers, they demonstrate better interpersonal behaviours and receive higher overall performance ratings. Physically active individuals can be placed in this bracket as they are usually high in well-being and these factors may also be a reason as to the motivation behind being physically active, these associations also seem to be of major importance when motivating others in achieving top performance.

Statement of the Problem

Advances in modern technology have made life relatively easier for Nigeria citizen which has negative impact on their health. Mainsa (2008) stated that the awareness of these conditions that fosters poor fitness has prompted many Nations of the world to place more emphasis on physical exercise for their citizen and equally assess their physical fitness status more especially the health-related components. Nigeria as a nation is not left out of this drive to keep her citizens physically fit. He further stated that secondary school children constitute one of the major groups of Nigeria population whose physical fitness status need to be looked into by government, since they are the future leaders and national defenders in many spheres of life example agriculture, education, economy, defense and many others. More alarming than the decline in physical activity is evidence of declining levels of physical fitness and the relationship

between poor physical activity, fitness and cardio vascular risks factors. Moreover, physical activities like inter-class and inter-school competitions, traditional games like local wrestling and boxing which aimed at promoting physical fitness of the students are not only declining in our secondary schools today but are almost disappearing and this brought a serious concern on the state of physical education and that of physical fitness of our secondary school students in both public and private (Mainsa, 2008). In line with the above observations, the study assess the perceived effect of physical fitness of well-being students in Ilorin South Local Government Kwara State with more emphasis to the health-related components.

Objectives of the study

The specific objectives of this study are as follows:

1. To determine how physical fitness, have effect on wellbeing of students in Ilorin South Local Government Area Kwara State
2. To determine the degree at which body mass index have significant effect on wellbeing of students in Ilorin South Local Government Area Kwara State.
3. To determine the body flexibility, have significant effect of wellbeing of secondary schools students in Ilorin South Local Government Area Kwara State.
4. To determine the muscular strength have significant effect on wellbeing of students in Ilorin South Local Government Area Kwara State.

Hypotheses

The following hypotheses were formulated for the study;

1. Body mass index will not have significant effect on wellbeing of students in Ilorin South Local Government Area Kwara State.
2. Body flexibility will not have significant effect on wellbeing of students in Ilorin South Local Government Area Kwara State.
3. Muscular strength will not have a significant effect on wellbeing of students in Ilorin South Local Government Area Kwara State.
4. Muscular endurance will not have a significant effects on wellbeing students in Ilorin South Local Government Area Kwara State.

Methodology

A descriptive research design of survey type was adopted for this study. The population for this study comprised students in private Junior Secondary Schools in Ilorin South local Government Area Kwara State. The population of this study consisted of 1,199 student in Ilorin South Local Government . Proportional sampling techniques were used to select two hundreds and forty-one respondents. Researcher designed questionnaire were used to select 241 respondents in Ilorin South Local Government Area Kwara State. The reliability of the instrument

will be ascertained through test-retest method at an interval of two weeks in Secondary Schools in Ilorin South Local Government Area. The results of the first and second tests will be correlated using the Pearson's Product Moment Correlation Coefficient (PPMC). Descriptive statistics of frequency and percentage will be used for analyses of demographic characteristics and to answer research questions, while chi square of χ^2 will be used to test the hypotheses at 0.05 alpha level.

Results

Table 1: Frequency Distribution of the Respondents on Gender, Age range, Class,

S/N	VARIABLES	FREQUENCY	PERCENTAGE (%)
	Gender		
	Male	122	50.6
	Female	119	49.4
	Total	241	100
	Class		
	Jss1	87	36.1
	Jss2	79	32.8
	Jss3	75	31.1
	Total	241	100
	Religion		
	Islam	94	39.0
	Christianity	146	60.6
	Others	1	0.4
	Total	241	100
	Age-range		
	8 – 10 years	74	30.7
	11 -- 13 years	87	36.1
	14 years & above	80	33.2
	Total	241	100

Table 1 reveals the frequency distribution of the respondents that participated in the study. It was revealed that 122 respondents (50.6%) were male while 119 respondents with (49.4%) were female. This signifies that majority of the respondents were male. Also, the age of

the respondents shows that 74 respondents (30.7%) were between 8-10 years, 87 respondents (36.1%) were between 11-13 years, while 80 respondents (33.2%) were 14 years and above. This connotes that majority of the respondents were between 11 -13 years. More so, the class of the respondents revealed that jss1 87 respondents (36.1%), jss2 79 respondents (32.8%), jss3 75 respondents (31.1%), Furthermore, the religion of the respondent revealed that 94 respondents (39.0%) are Muslim, 146 respondents (60.0%) are Christian while 1 respondents (.4%) is others.

Testing of Hypotheses

Hypotheses 1: Muscular endurance will not have a significant effects on well-being of students in Ilorin South Local Government Kwara State.

Table 6: Muscular endurance as it significant effects on well-being of students in Ilorin South Local Government Area Kwara State.

S/No	Items	Row Total	Df	Cal. Value	Critical Value	Sig.	Remark
1	6	241	9	17.919	18.409	.001	Ho Rejected

@ 0.05 level of significant

Table 6 revealed that the calculated chi-square value was 17.919 while the P-value is .001 with a degree of freedom of 9 at 0.05 alpha level. Therefore, the stated hypothesis one was rejected ($p = .001$) which indicates that Muscular endurance have significant effects on wellbeing students in Ilorin South Local Government Area Kwara State.

Hypotheses 2: Muscular strength will not have a significant effect on well-being of students in Ilorin South Local Government Area Kwara State.

Table 7: Muscular strength as it significant effects on well-being of students in Ilorin South Local Government Area Kwara State.

S/No	Items	Row Total	Df	Cal. Value	Critical Value	Sig.	Remark
2	7	241	9	36.197	31.709	.000	Ho Rejected

@ 0.05 level of significant

Table 7 revealed that the calculated chi-square value was 36.197 while the P-value is .000 with a degree of freedom of 9 at 0.05 alpha level. Therefore, the stated hypothesis one was rejected ($p = .000$) which indicates that Muscular strength have significant effects on wellbeing students in Ilorin South Local Government Area Kwara State.

Hypotheses 3: Body mass index will not have significant effect on wellbeing of students in Ilorin South Local Government Area Kwara State.

Table 8: Body mass index as it significant effects on well-being of students in Ilorin South Local Government Area Kwara State.

S/No	Items	Row Total	Df	Cal. Value	Critical Value	Sig.	Remark
3	8	241	9	16.531	15.733	.011	Ho Rejected

@ 0.05 level of significant

Table 8 revealed that the calculated chi-square value was 16.531 while the P-value is .011 with a degree of freedom of 9 at 0.05 alpha level. Therefore, the stated hypothesis one was rejected ($p = .011$) which indicates that Body mass index have significant effects on wellbeing students in Ilorin South Local Government Kwara State.

Hypotheses 4: Body flexibility will not have significant effect on well-being of students in Ilorin South Local Government Area Kwara State.

Table 9: Body flexibility as it significant effects on wellbeing students in Ilorin South Local Government Area Kwara State.

S/No	Items	Row Total	Df	Cal. Value	Critical Value	Sig.	Remark
4	9	241	9	28.604	14.291	.001	Ho Rejected

@ 0.05 level of significant

Table 9 revealed that the calculated chi-square value was 28.604 while the P-value is .001 with a degree of freedom of 9 at 0.05 alpha level. Therefore, the stated hypothesis one was rejected ($p = .001$) which indicates that Body flexibility have significant effects on well-being students in Ilorin South Local Government Area Kwara State.

Discussion of Findings

Hypotheses one stated that muscular endurance will not have significant effect on well-being of student in Ilorin South Local Government Area Kwara State. The finding in table six revealed that muscular endurance significantly effect on well-being of students in Ilorin South Local Government Area Kwara State. This finding is in line with Bucher and Wuest (2006) stated that muscular endurance as the ability of a muscle or muscle group to exert force repeatedly. In other words it refers to the capacity of a muscle or muscle group to sustain a contractive state over a period of time.

Hypotheses stated that muscular strength will not have significant effect on well-being of student in Ilorin South Local Government Area Kwara State. This finding in table seven revealed

that muscular strength significantly effect on well-being of students in Ilorin South Local Government Area Kwara State. This finding in line with Gajere, (2005) Muscular strength is regarded as the symbol of fitness and the possession of superior muscular strength enable the person to carry out tasks involving these muscles without difficulties. However, the measurement of total body strength and endurance is very difficult since there are many muscle groups which need to be measured.

Hypothesis three stated that body mass index will not have significant effect on well-being of student in Ilorin South Local Government Area Kwara State. This finding in table eight revealed that body mass index significantly effects on well-being of students in Ilorin South Local Government Area Kwara State. This finding in line with Mainsa, (2008), Body weight is the part of our general physical condition that received particular interest in research over the last ten years. Over the years, the amount of body fat, extend of muscular development and dimension of body structures are factors used in evaluating physique and body type. Body composition is often referred to as the lean muscle and the fat weight, which all together equal to the body weight.

Hypotheses stated that body flexibility will not have significant effect on well-being of student in Ilorin South Local Government Area Kwara State. This finding in table eight revealed that body flexibility significantly effects on well-being of students in Ilorin South Local Government Area Kwara State. This finding in line with Idris, (2011), the ability to move a body part around a joint is one of the most critical elements in keeping people moving independently. As implied earlier, one of the main benefits of flexibility is it improves movement proficiency. In addition, flexibility means increased range of motion, reduced muscle soreness, improved posture, reduced musculoskeletal injuries, increased relaxation, reduced neuromuscular tension and controlled spasticity. Being able to tie one's own shoes, reach a plate on a shelf over-head or bend down to pick up a dropped spoon means so much to the independence of every one of us.

Gajere (2005) stated that for the most part of humans becomes progressively more flexible from childhood to adolescence and then become progressively less flexible with aging. Flexibility is a specific characteristic and not a general characteristic. Many devices for direct assessment of flexibility have been used, including sophisticated devices which cost a lot of money and difficult to operate by an average person. The use of these sophisticated devices like electrogoniometers and radiogoniometers provide the best method for determining joint flexibility. Flexibility is an important area that needs to be developed because as a person ages, the muscles and tendons tend to shorten and the ligaments tend to become less resilient (Haruna, 2001). This situation according to him can lead to increased stiffening and increase chances of muscular injury. It is not uncommon to hear people complaining of low back pain especially among adults. He further recommends that for the development and maintenance of fitness components calisthenics exercises involving static slow and steady movements, using the body weight and force of gravity should be done.

Conclusion

Based on the findings of this study, the study concluded that gender determines student perceived effect of physical fitness in Ilorin South Local Government Area Kwara State. The study therefore concluded that teachers should help the individual to understand the importance of physical fitness for all and not gender bias.

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