

## Factors affecting Youth's participation in sports, Leisure and recreation activities

Mallikarjun C Pujari, Vijaykumar SD

Table Tennis Coach, Gulbarga, Karnataka, India

Physical education, Guest Lecture govt, Firsted Grade Degree College Humanabad, Karnataka, India

### Abstract

While the overall health of world populations is improving, there are significant factors that continue to impact on our mental and physical health. How much you earn, your social position, your level of education or your capacity to be involved in activities that help connect you to others in your community are important factors in determining your health status. In acknowledgement of the social and economic factors affecting the health of the population and sub-populations, it has established a focus on increasing social and economic participation as a key priority area the object is as follows.

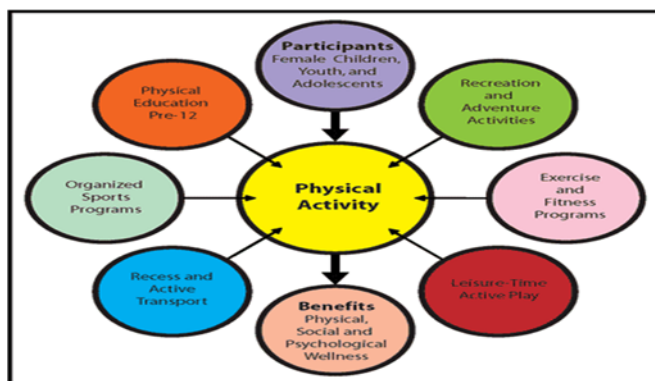
1. increase participation in physical activity
2. increase opportunities for social connection
3. reduce race-based discrimination and promote diversity
4. prevent violence against women by increasing participation in respectful relationships

**Keywords:** youth, factor

### Introduction

Over the past 50 years, there has been a huge shift from a lifestyle that was, by definition, physically active to one that is predominantly sedentary. There is widespread acknowledgement that participation in physical activity is a 'fundamental means of improving the physical and mental health of individuals' Physical activity can promote health and prevent the onset of disease including cardiovascular disease, type 2 diabetes and osteoporosis, forms of cancer, obesity and injury. Participation in physical activity is also known to reduce depression, stress and anxiety, and improves self-confidence, self-esteem, energy levels, sleep quality and the ability to concentrate.

### Factors impacting on participation in physical activity



### Individual factors

- The most commonly reported barriers to physical activity

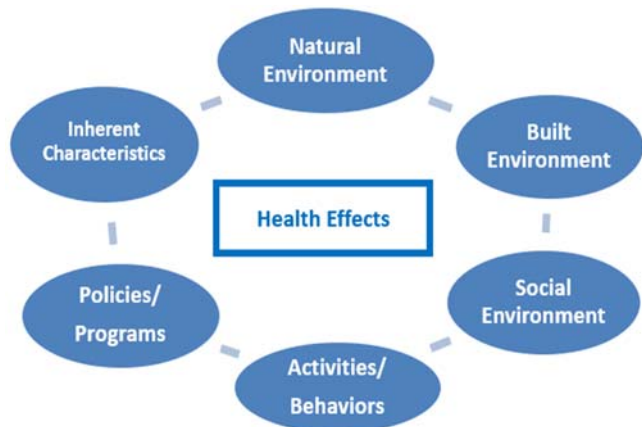
among physically inactive Indians are a lack of time (40%) and injury or disability (20%)

- Injury was reported by just under 20% of those aged 18 to 59 years as a barrier to being more active, and was a barrier for nearly 40% of people aged 60 and over
- Lack of time is consistently reported as a major constraint on participation in physical activity. People perceive that they have less discretionary time for exercise and sporting activities.
- Other factors impacting on physical activity participation include lack of social support, lack of time, lack of enjoyment, having children, having health problems and feeling self-conscious

### Built environment factors

The built environment can either facilitate or discourage physical activity. Consideration should be given to aspects of the built environment that have a significant impact on levels of physical activity, including:

- The neighborhood environment, such as provision of footpaths, street connectivity, mixed land use and urban density
- The road environment and safety measures, such as provision of pedestrian crossings, traffic volume, speed limits and traffic calming.
- The amenity of the neighborhood, such as green spaces and less urban decay, and distance to destinations.
- Proximity, as adults are more likely to walk if they have a variety of destinations within 400 metres. The closer sports centres and parks are to young people, the more likely they are to use them.



### Social and cultural environment factors

- The cost of participating in physical activity is increasingly onerous for many families. The importance of physical activity opportunities that are affordable is evidenced by the strong correlation between sport participation and family income.
- Contemporary lifestyles have become increasingly sedentary. Technological advances, labour-saving devices and passive forms of electronic entertainment used during leisure time require less energy expenditure in the domestic and occupational settings and have resulted in minimising physical activity.
- Recent studies found that adult television viewing time and other sedentary behaviours are directly associated with disease, including type 2 diabetes and some cancers.
- Increased car ownership and use, along with safety concerns, have led to less walking, cycling and transport-related physical activity.
- Contemporary social norms of being a 'good parent' have led to parents seeking to protect children from potential risks of strangers or hazards in the built environment. This has resulted in more children being driven to school, picked up from school and kept off the streets. Often the only physical exercise children get is when their parents have time to supervise them
- Sporting environments need to be inclusive of the whole community and ensure safe, supportive and culturally inclusive environments for women, Indigenous Indians, people from culturally and linguistically diverse communities and people with disabilities.
- The total participation rate in club-based physical activity was 24.9% in 2015. Of this, the male regular participation rate (8.6%) exceeded the female rate by almost double (4.4%).
- All of these factors need to be addressed in order to increase physical activity rates across the whole population and at the sub-population level.
- In a recent study it was identified that social connectedness consistently impacted on the percentage of individuals undertaking sufficient weekly exercise and that over 20% of Indians of working age experienced a low level of social connectedness (expressed in terms of gathering infrequently with friends and relatives, feeling lonely and struggling to find someone to confide in).

### Promoting physical activity

'Physical activity promotes wellbeing, physical and mental health, prevents disease, improves social connectedness and quality of life, provides economic benefits and contributes to environmental sustainability. Communities that support health enhancing physical activity, in a variety of accessible and affordable ways, across different settings and throughout life, can achieve many of these benefits'.

### Conclusion

This research summary provides an insight into the importance of including physical activity in our everyday lives. Ensuring that the environmental, social and individual determinants of physical inactivity are addressed will help to arrest the increase in sedentary behaviour and reduce the decline in physical activity levels across the lifespan.

### Reference

1. McCambridge TM, Bernhardt DT, Brenner JS et al. Active healthy living: prevention of childhood obesity through increased physical activity.
2. Bandini LG, Curtin C, Hamad C, Tybor DJ, Must A. Prevalence of overweight in children with developmental disorders in the continuous national health and nutrition examination survey.
3. Chen AY, Kim SE, Houtrow AJ, Newacheck PW. Prevalence of obesity among children with chronic conditions.
4. Minihan PM, Fitch SN, Must A. What does the epidemic of childhood obesity mean for children with special health care needs.
5. Han JC, Lawlor DA, Kimm SY. Childhood obesity, *The Lancet*, 375.
6. Sutherland ER. Obesity and asthma, *Immunology and Allergy Clinics of North America*.