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Comparison of health related life style among different Indian professions in relation to physical assessment

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Abstract
Numerous research studies have established clear links between a positive state of mind and good physical health. There are many other studies that suggest deliberately cultivating a positive state of mind can help fight off ill health. Objective: - The purpose of this investigation was to Comparison of Health Related Life Style among Different Indian Professions in Relation to physical Assessment. Method: - 800 males of MP were selected randomly as a subject of study. The age of the subjects were ranged from 30-40 years. Subjects were from different professions each group has 1 subjects. All the contents related to life style were assessed by using life style assessment inventory (LSAI). Results: - ANOVA was used to reveal the significance difference among Different Indian Professions in Relation to physical Assessment. Level of significant was set at 0.05. A significant difference was found among Different Indian Professions in Relation to physical Assessment. Conclusion: - It can be concluded that physical Assessment significantly differs among Different Indian Professions.

Keywords: physical, assessment

Introduction

There is common belief that happy, possible people are healthier. Numerous research studies have established clear links between a positive state of mind and good physical health. There are many other studies that suggest deliberately cultivating a positive state of mind can help fight off ill health Much of his has to do with stress, the world now used to denote all land of pressures. But stress itself is not the ultimate culprit – it is how you cope with its matters. A certain amount of creative tension is a stimulus that can motivate and empower a person. However, too much pressure can create constant anger or worry, which in turn, can lower your resistance to illness.Norms are necessary in order to interpret test scores. In physical education norms may be based upon various combinations of age, height and weight. In this situation average scores are usually given with other values to indicate the significance of variance from this point. For example in use of height-weight tables usually an individual 10% below the average weight tables usually an individual 10% below the average weight for his age is considered to be under weight and if 20% above he is considered to obese by these norms. Norms are values representative of a particular population. Normative tables provide means to compare student's performance with larger representative population. These comparisons provide valuable information to assist teacher and student in determining the relationship of individual performance scores to scores of youth of the same age and gender. A healthy lifestyle is a valuable resource for reducing the incidence and impact of health problems, for recovery, for coping with life stressors, and for improving quality of life. However, convincing Canadian that health is a good investment, and providing guidance and incentives to create a culture that fosters health, are complex processes. How do we direct efforts to engage people in becoming and staying healthy.(Renne Lyons and Lynn Langille, April, 2000

Material and Methodology

Selection of Subject

For the purpose of present study 800 males of MP were selected randomly as a subject of study. The age of the subjects were ranged from 30-40 years. Subjects were from different professions i.e. 100 subjects from Doctors, 100 from Engineers, 100 from School Teachers, 100 from College/University Teachers, 100 from Businessman, 100 from Beurocrates, 100 from lawyers and 100 from Police services.

Selection of variables

After gleaning through all the scientific literature, journals, magazines available in the library of Lakshmibai National Institute of Physical Education, (Deemed University), Gwalior, M.P. and keeping feasibility criteria in mind following contents related to life style assessment were selected for the purpose of present study:

Criterion measure

All the contents related to life style were assessed by using life style assessment inventory (LSA)

Procedure

The individual from various professions were consulted personally and their co-operation was solicited. Respondents were given a questionnaire with necessary instructions. Necessary instructions were passed on to the subjects before providing the questionnaire. The research scholar was motivated the student respondents by promising to send a separate abstract of the conclusions of his study to each of the subjects. Confidentially of responses were guaranteed so that the subject would not camouflage their real feelings. Research scholar was requested for filling the questionnaire as quickly as possible.

Statistical Procedure

Analysis of Variance (ANOVA) was used to see the difference among the different teams of volleyball players at the significant level of .05. For further analysis "Post Hoc Test" (LSD) was applied.

Result

The questionnaire comprised of 42 questions covering various aspects of mental toughness of universities volleyball (men) players. The findings of the present study are presented in the following tables:-

Table 1: Descriptive statistics of different professions (Doctors, Engineers, School Teachers, College/ University Teachers, Businessmen, Beaurocrates, Lawyers and Police Services) in relation to Physical Assessment

Groups	Count	Sum	Average	Variance
Doctors	100	5868	58.68	29.63394
Engineers	100	3890	38.9	27.06061
School Teachers	100	5890	58.9	27.82828
College/ University Teachers	100	3894	38.94	27.3499
Businessmen	100	2482	24.82	3.502626
Beaurocrates	100	5937	59.37	20.88192
Lawyers	100	3919	39.19	30.33727
Police Services	100	7722	77.22	18.25414

The average and variance of Doctors 58.68± 29.63394 Engineers 38.9± 27.06061 School Teachers 58.9± 27.82828 College/ University Teachers 38.94±27.3499 Businessmen 24.82± 3.502626 Beaurocrates 59.37± 20.88192 Lawyers 39.19±30.33727 Police Services 77.22±18.25414 in relation to physical assessment

Table 2: Analysis of variance of Physical Assessment among individuals belonging to different professions on their selected Life Style Assessment Contents

Source of Variation	df	SS	MSS	F-ratio
Between Groups	7	197772	28253.14	1222.757*
Within Groups	792	18300.02	23.10609	

* Significant at 0.05 level of confidence
F 0.05 (7, 792) = 2.02

Table –II revealed that there was significant difference the individuals belonging to different professions on physical assessment, as obtained F-ratio was 1222.757 which was higher value than the value 2.02, required for F-ratio to be significant at 0.05 level with (7,792) degree of freedom.

Since the one way analysis of variance was found significant in relation to physical assessment, the least significant difference (LSD) test was applied to find out which of the differences of the means amongst the different professions were statistically significant.

Table 3: Least significant difference post-hoc test for means of all Professions in relation to Physical Assessment

Doctors	Engineers	School Teachers	College/ University Teachers	Business-men	Beauro-crates	Lawyers	Police services	M.D.	C.D.
58.68	38.9							19.78*	
58.68		58.9						0.22	
58.68			38.94					19.74*	
58.68				24.82				33.86*	
58.68					59.37			0.69	
58.68						39.19		19.49*	
58.68							77.22	18.54*	1.3
	38.9	58.9						20*	3
	38.9		38.94					0.04	
	38.9			24.82				14.08*	
	38.9				59.37			20.47*	
	38.9					39.19		0.29	
	38.9						77.22	38.32*	
		58.9	38.94					19.96*	
		58.9		24.82				34.08*	
		58.9			59.37			0.47	
		58.9				39.19		19.71*	
		58.9					77.22	18.32*	
			38.94	24.82				14.12*	
			38.94		59.37			20.43*	
			38.94			39.19		0.25	
			38.94				77.22	38.28*	
				24.82	59.37			34.55*	

				24.82		39.19		14.37*	
				24.82			77.22	52.4*	
					59.37	39.19		20.18*	
					59.37		77.22	17.85*	
						39.19	77.22	38.03*	

* Significant at .05 level.

It is evident from table – 9.1 that mean differences of different profession in relation to Physical Assessment was found to be was found to be significant between Doctors and Engineers, Doctors and College/University Teachers, Doctors and Businessman, Doctors and Lawyers, Doctors and Police services, Engineers and School Teachers, Engineers and Businessman, Engineers and Beaurocrates, Engineers and Police services, School Teachers and College/University Teachers, School Teachers and Businessman, School Teachers and Lawyers, School Teachers and Police services, College/University Teachers and Businessman, College/University Teachers and Beaurocrates, College/University Teachers and Police services, Businessman and Beaurocrates, Businessman and Lawyers, Businessman and Police services, Beaurocrates and Lawyers, Beaurocrates and Police services, Lawyers and Police services, at .05 level of confidence. Mean differences of different profession in relation to Physical Assessment was found to be insignificant between Doctors and School Teachers, Doctors and Beaurocrates, Engineers and College/University Teachers, Engineers and and Lawyers, School Teachers and Beaurocrates, College/University Teachers and Lawyers at .05 level of confidence. To observe the difference among the individuals belonging to and 4.different professions on their selected Life Style Assessment Contents, the analysis of variance was adopted and data pertaining to these have been presented in table III

Discussion

The analysis of data reveals that there were significant difference in physical assessment among the different profession individual as calculated F (1222.757) were greater than the tabulated F (2.02) respectively. After applying post hoc test as shown in table III it was found that there was significant difference among different professions individuals. As police service has the highest mean value (77.22). The significant differences in physical assessment in various Professions individuals were probably due to the different nature of mental training and prerequisites components for the individual. Such results may also be due to change in climatic conditions, nature of job and may be due to the work pressure.

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