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Programme of study: BA Physical Education

Discipline: Physical Activity

Young Farmers Club (YFC) Engagement with Physical Activity

1.0. Introduction

The prevalence of Young Farmers Club (YFC) is a widespread throughout Wales which has been around for 90 years, with Hemyock, Devon opening in 1929 and Clunderwen, Pembrokeshire being the first YFC to open in Wales in the same year. Which then leads to Young Farmers Club (YFC) opening in different countries such as Scotland, North Ireland, Australia, and New Zealand in the year 1930's, (NFYFC, 2013). Brecknock YFC (2018), has twelve clubs within the country and around five hundred members from the age range of ten to twenty-eight years old. There is a variety of different competition programmes like sports day, tug of war, rallying and many more. There are travelling programmes such as working holidays as well as fun skiing trips. There are skills and training programmes to help advance the members' skills and career. The physical activities that The National Federation of Young Farmers' Clubs (NFYFC) do are tug of war, a sports day which consists of rush hockey, 7 a side rugby, dodge ball, tag rugby, netball, ultimate frisbee and rounders. All these activities provide the opportunity for participants to progress on to national competitions.

The physical activity that the members can get involved with are tug of war, there is a sport day event that happens every year, which consists of rush hockey, seven a side rugby, dodge ball, tag rugby, netball and ultimate frisbee, all these activity gives the members the opportunity for them to progress on to national competition. Young Farmers Club (YFC) gives the members the opportunity to make lifelong friendships, learn new skills, make a real difference to local communities and the chance to go on travelling programmes such as working holidays and the skills and training programmes that the Young Farmers Club (YFC) puts in place to help make the members advance their skills and their careers, (NFYFC, 2013).

So as can be seen from above, YFC members have plenty of opportunity to take part in physical activities in their leisure time in addition to any farming tasks they might have to undertake such as lambing, shearing, milking, harvesting, maintaining, and clearing buildings and farm machinery etc. Does this mean that they have high levels of physical activity?

Farming has its benefits, they can learn practical and technical, by being able to learn practical life skills and technical skills has helped them learn how to grow their own food and distinguish between the several types of flora, which are useful in routine life. They will also know the different technical skills by working on and with machinery and gadgets like drones, tractors etc., it will give them ability to understand the work they do. Follow a healthier diet; farmers have a healthier diet because they normally eat what they grow such as fresh fruit and vegetables which they eat a lot of, which keeps their nutrition balanced also their meals are less processed (Agriculture Recruitment Specialists, 2022). Lead an active lifestyle; farmers work is physically intensive, which keeps them physically active, they get to lead an active lifestyle, which can boost their immune system and it can improve their quality of life (Agriculture Recruitment Specialists, 2022).

There are different types of farmers, according to the Welsh Government (2022), there are 32.1% of farmers are working with milk and milk products, 24.9% of farmers are working with cattle, 17.1% of farmers are working with sheep, 7.7% of farmers are working with poultry and eggs, 6.0% of farmer are working with all crop and horticulture and 11.4% of farmers are working with pigs, clip wool and other agricultural activities.

There has been a lot of focus that has highlighted the mental health in farming and the health in farmers in general, the Welsh Government (2023), has a help and support for farmers family's guidance page with different charities to support the farmers to talk about the problems they are

facing, the founding on this website are the different charities names, what they include in the charities and their contact number and email address. The NFYFC (2013), has a page on their website called 'Take Time', which has different links to help the farmers in different areas of support, some of the links are to keep connected, to observe, to keep active and there is so much more. There are also farming magazines and news articles talking about the farmers mental health, the BBC News has an article called 'Farmers Urged to Talk About Their Mental Health Struggles' which is written by Dawn Limbu (2023), she stated in this article that 94% of the farmers that are under the age of 40 say that metal health is one of the biggest hidden problems that they face day to day. Some of the figures that the article shows were from the Office for National Statistics in 2021 alone was that 36 farmers took their lives and 22 died in accidents across the UK. The article also has a bit were a young farmer that works with his dad, says that farming is a very isolated job, due to farmers spending most of their time alone in tractors and with animals. Farmers Weekly magazine (Farmers Weekly, 2023) has an article that talks about The Farm Safety Foundation's annual 'Mind Your Head' campaign, which has been around for six years to help farmers to work together to tackle the causes of stress, anxiety, and poor mental health. The campaign brings along 300 farming organisation and charities together to help the farmer to talk to them and to seek for help, this also break down the stigma associated with mental health and showing the barriers that to the farmers from finding help. The article also mentions the 36 farmers suicides, which was also mentioned in the BBC News article. The figures have risen from 2019 where it was 84% of farmer believe mental health is the greatest, most hidden, challenge facing the farming lifestyle where now it has risen to 94%. Physical activity improves mental health by improving their sleep as they will feel more tired after doing physical activity, it improves their mood by being happier as it makes them feel better and gives them more energy to do physical activity. It helps them to manage their stress and anxiety by doing something physical helps them release cortisol as it gives their brain something to focus on. It improves their self- esteem as it makes them feel better about themselves from being more active and meet their goals. It helps them to connect with other people by doing new sports and activities they can meet new peoples which helps them make new friends (Madaan, Petty and Sharma, 2006).

1.1. Aim

To understand the physical activity behaviours of YFC members aged 18 to 25.
How do Young Farmers Clubs members engage with physical activity?

1.2 Objective

The first objective of this dissertation is to ascertain Young Farmers Club perceived levels of engagement with physical activity.

The second objective of this dissertation is to ascertain barriers or encouragements to physical activity around Young Farmers Club.

2.0. Literature Review

2.1. Physical Activity

Physical activity is a wide term referring to the movement of the body that uses energy, which is included in all forms of physical education, sport, and dance activities, but physical activity is wider than this, it also includes indoor and outdoor play, outdoor and adventurous activities, active travel such as cycling, walking, and scootering and habitual activities which includes using the stairs or gardening (Harris, 2015). Physical activity is important because it improves health and wellbeing by lowing the risk of heart problems and depression as well as lowing death rates. Doing physical activity helps children to maintain a healthy weight throughout their lives.

2.2. Benefits of Physical Activity

The health benefits that physical activity provides for children and young people includes improving their cardo- respiratory health, enhancing their Musculo-skeletal health, to maintain and achieve a healthy weight, to improve their psychological and mental well- being, it builds confidence and social skills and to improve their concentration and learning. The importance of physical activity is to improve the health and well- being by lowering the risk of heart problems and depression, the physical activity helped decrease the risk of cardiovascular disease by 20% to 35% as well as the

decrease the risk of getting type two diabetes by 30% to 40%, Musculo- skeletal health by 36% to 68% and the decrease in developing mental health problems by 20% to 30% such as depression (Public Health England, 2016). The benefits of physical capital for physical activity are the prevention of non-communicable disease and conditions for example obesity, diabetes, and heart disease. The benefits of emotional capital for physical activity are increase the level of self-esteem and reduces depression and anxiety, also helps them when it comes to stressful events. The benefits of individual capital for physical activity are to improve on teamwork, co-operation, and social responsibility. The benefits of social capital for physical activity are to help people improve their relationship between other people, groups, and organizations, which can help develop social behaviour when participating, (Bailey, *et.al.* 2015).

2.3. Behaviours and Participation Levels

Al- Ansari, *et. al.* (2020) argued 'doing some physical activity is better than doing nothing'. The recommendation for children and adolescent age five to seven years old, shows that physical activity can improve the children and adolescents physical, mental, and cognitive health outcomes. The World Health Organisation (2020) recommends that children and adolescents should do on average of 60 minutes per day of moderate to vigorous intensity, this should mainly be aerobic, physical activity during the week which provides health benefits. They should be incorporated three days a week of vigorous intensity aerobic activity as well as fitness that strengthens their muscles and their bones. The increase of aerobic moderate to vigorous physical activity in time can increase cardiorespiratory fitness which increases their muscle strengthening activities will increase muscular fitness. The amount of time spent being sedentary is to limit the amount of screen time the children and adolescents should be doing. The recommendation for adults aged eighteen to sixty- four years old, should undertake regular physical activity which is based on moderate certainty on a weekly volume of aerobic and muscle strengthening physical activity they should do an average of 150 to 300 minutes of moderate intensity or 75 to 100 minutes of vigorous intensity or an equal amount of moderate to vigorous physical activity during the week. The health benefits that the adults will occur when they participate in physical activity, their muscle with strengthen by doing moderate activity or two or more days a week's doing greater intensity. A new strong recommendation is that adult's volume of aerobic physical activity is higher than 300 minutes of moderate intensity activity per week or 150 minutes of vigorous intensity per week, which has an additional health benefit. Adults should reduce the amount of time spent being sedentary by replacing it with physical activity of any intensity to provide the health benefits they need.

The value of being physically active has further increased since covid- 19 pandemic, the benefits of individuals and society has become broader. The pandemic the level of physical activity decreased as well as the widened socioeconomic differences, the pandemic showed everyone that it is easy to go for 30 minutes' walk on a daily basis to get their fitness in. The level of physical activity with adolescents and people living with disabilities is an urgent least likely population to meet the supporting needs of the World Health Organisation (2020), physical activity guidelines, by 2030 the global target for physical activity will reduce by 15%. The health benefits that physical activity improves mental health, dementia, cognitive health, sleep and preventing falls and fall- related injuries and the co- benefit to physical activity is that improves air quality and climate change mitigation. A goal they should do to be physically active every day is by doing things around the house, by using public transport, active transportation to get around, continuing doing physical education in school and after- school activities, people will do nothing if the bar is set too high but if they set the bar at a reliable target, they would be more likely to get moving (Isakson, 2021).

The improvement for fitness, development in co- ordination and movement control and maintaining a healthy bodyweight is a focus in childhood and adolescence. Some key messages from Crochemore- Silva *et al.*, (2021) article state that adolescents have a low amount of physical activity, and that screen are used global, the physical inactivity contributes to health problems which include cardiometabolic and mental health disorder with adolescents. Physical activity supports social and builds environment to activity behaviour with the benefits adolescents to promote a range of

activity behaviours such as active transport, play and sports. Adolescent physical activity was at 26% of low- income countries contributed to self- report. 15.9% of adolescents that are aged 12 to 14 years old who are not in educational setting and 36.3% of adolescents are aged 15 to 17 years old. Adolescents aged 11 to 17 years old who were physically inactive were 81% in 2016, with a lower prevalence in boys than girls within self- reports, but there is a decrease of physical inactivity for boys with a percentage of 80.1% in 2001 but a slight change of girls with a percentage of 85.1% in 2001. Men and boys are more active than women and girls and there is a decrease in physical activity as the ages get higher and in the early and late adolescence. The sedentary behaviour adolescents spent time sitting and reclining with limited energy and the engagement in specific activities such as screen- based behaviour which has a risk factor for health and well- being, with the UK recommending that we limited the amount of time spent being sedentary. The percentage of boys (25%) and girls (24%) aged 13 to 15 years old that reported to sitting for longer than three hours a day, which includes sitting in a classroom and doing their homework, from across 97 countries, the individuals were similar across low, low- middle and upper- middle income countries but the higher income countries are twice as high for boys and girls compared to other income groups. 60% of boys and 56% of girls aged 11 to 15 years old watched television for two hours or more on weekdays and 51% of boys and 33% of girls played computer and video games for two hours or more on weekdays. There are short and long terms consequences for health and well- being has a high amount of adolescent inactivity and sedentary behaviour, there is an increase of obesity during adolescence and young adulthood and their weight status will be unlikely to improve as they get into young adulthood, to prevent unhealthy weight gain by increasing physical activity and decreasing sedentary behaviour.

2.4. Barriers to Physical Activity

There are several barriers that has got in the way of people performing sufficient physical activities and there are different types of barriers, there are environmental factors which are external barriers, which includes lack of support, lack of time and low resources, there are psychologically based factors which are internal barriers, which includes lack of motivation, other interest, and concerns about engaging with physical activity in public.

Aggleton *et. al.*, (2020) article showed that people do not have enough time to be able to play sport or to try new active during the day and in the afternoon. They also lack of motivation which has been a problem as some people do not have the motivation they need to go out and do physical activity, which links with the lack of skill as people do not feel comfortable with doing physical active if they do not what they are doing or not very good at the activity. So, some people need to have the motivation to get involved into the activity and to learn the skills they need if that activity. Their fear of injury is a problem for some people as they might have a previous injury that they do not want to be injured again or might struggle with doing physical activity after this injury, so they are not willing to join in the physical activity. The weather conditions such as the rain, wind or the cold morning and night can be a problem of people as they are not willing to go out and do physical active or the parents are not allowing their children to go out in these conditions as they will get unwell. Traveling was a barrier for some people as they might not have the privilege of transport such as a bus or a car, also the cost of transport and be a problem, respondents in rural areas and the lack of late buses.

The data from the Campbell's Survey on Well- being shows that there are four barriers factors that were noticed from the survey, that the barriers of physical activity are the lack of support from families and friends, lack of resources within their areas, lack of time and the fear of being injured. The barrier within physical activity depends on age and gender as they may lack in confidence, ability and fear of injury were the most predictive. The major barrier within physical activity is that it is time constraint, the weather is unsuitable to perform in, their school or schoolwork might get in the way and has the lack of interest or desire to do the activity, (Allison, *et.al*, 1999). Aruz, *et.al* (2006), research article shows a table of barriers that has stopped people from doing physical activity, the first six item are about internal barriers, lack of energy, the mean shows a score of 5.95, lack of

motivation, the mean shows a score of 5.13, and lack of self- confidence, which had the lowest mean shows a score of 3.68 and the other six items are about external barriers and these barriers are lack of resource, the mean shows a score of 5.05, lack of support, the mean shows the score of 6.01 and lack of time, which has the highest mean score of 7.26.

3.0. Methodology

To answer the aim and research question for this study quantitative data collection method was used. A questionnaire was used to allows us to analyse the number of YFC members that do physical activity during the week, the type of physical activity they do, how physically active their job is, how physically active they are on their days off and what barriers that gets in the way of them doing physical activity, this allows us to find the patterns and averages with the different age groups and gender within YFC.

The strengths of using quantitative research are that can get a larger number of samples of data across a wider group of people, to be able to get objectivity and accuracy of results as there will be no debating over the answers. It is faster and easier to collect and analyse the data. The drawback of using quantitative research is that it gives the participants a less detailed picture as it does not give them the contexts they might need, it may somewhat be artificial as the results may differ to other findings and there are some limitations that could be faced as they might be lack of option to choice from and make them choice one that does not reflect their option (GWI, 2023).

We are doing a questionnaire based on quantitative research to analyse the numerical data to find the patterns and averages to test the relationship and generalise the results to a wider population of physical activity within YFC.

3.1 Participants

To get the data we will be asking for around 20 to 30 participants were senior YFC members aged 18 to 28, hopefully to have mixed between males and females from a verity of different clubs, the members were contacted on the YFC Facebook pages and my personal page for family and friends to share so multiple Young Farmers Clubs can see the questionnaire. We left the questionnaire on Facebook for about four weeks until we took it down, we also reposted it again at the end of the third week just to remind the members that there was a questionnaire to fill out if they wanted to get involved.

3.2. Questionnaire

The advantage of using questionnaires is it tends to be more reliable than an interviews, most questionnaires are anonymous which encourages the participants to get involve as they won't be connected to their answers, it takes less time and money to fill out and there are different ways to get questionnaires out there for people to see. The disadvantage of using questionnaires is that there often be a low percentage of responses from the target audience. To prevent this from happening I will be sharing the questionnaire on multiple YFC pages on Facebook and will be asking the club leaders to ask their members to fill them out. Some questions have a different meaning for different people and to prevent this from happening we could add a description of what the question is asking from them and what it means. Questionnaires can sometimes lack coverage or authenticity (Cohen, Manion and Morrison, 2017).

The questionnaire has three sections; section one is on demographics, which is based on age, gender, and the club they go to, section two is on the engagement levels, which will be based around how active that are and what physical activity they do, and section three is on the barriers, which will be based around what gets in the way of them doing physical activity. We have used CDC (2020) Road to Health Barriers quiz and one of the main reasons for its use is that it would be valid and reliable, as it is straight forward to use also it is easy for the participates to read and for them to understand, some of the questions had to be changed to make it suitable to the age group the questionnaire is aimed for. The participates can access the questionnaire online by a link, which is placed on Facebook with the information they need to know. There will be a consent questions to fill out before the started the questionnaire. They will be able to access it on their phone and on their laptops.

3.3. Ethics

There will be an informed consent form and three consent questions to mark before starting the questionnaire the participants can withdraw from study, whenever they want and to ensure that we follow the ethics rules we will be linking and following the UWTSD ethics guidelines for this study to keep the participants safe. All the information that is collected will be save on my personal laptop that is password protected.

3.4. Data Analysis

Excel was used to clear up the raw data, this will be done by adding multiple spreadsheets such as physical activity and active and barriers to separate the information that was collected in the questionnaire. The data was analysed using excel. Specifically descriptive statistics such as frequencies were used to explore the data within the different areas within the questionnaire.

4.0. Results

This results section will talk about the physical activity levels and the barriers that got in the way of them doing physical activity.

Demographic information

<u>Demographic</u>	<u>Percentage</u>
Gender	
Male	31.25%
Female	62.5
Other	6.25
Age	
18-21	50
21-25	50

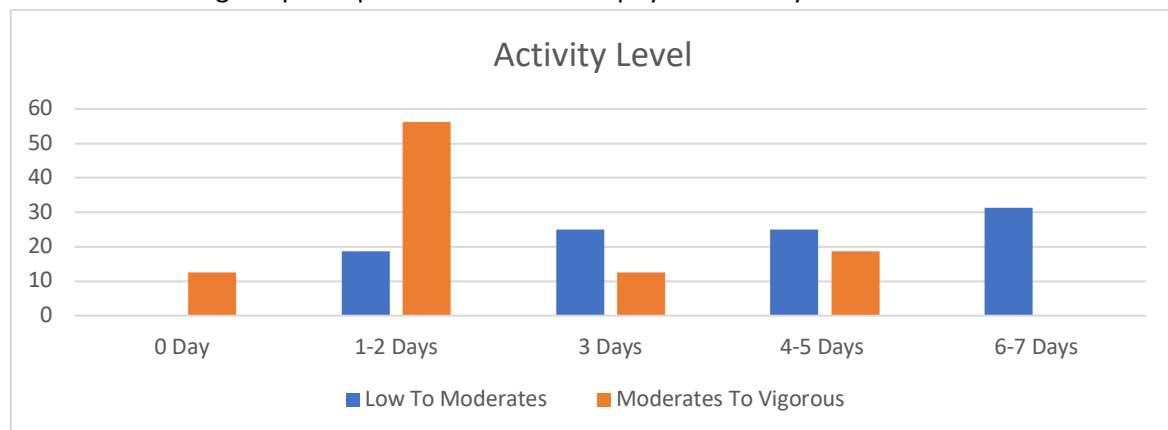
Table 1: Demographic information showing percentage of participants in gender and age groups.

Physical activity levels

81.25% of participants all stated that they take part in low to moderate physical activity at least three days a week. Additionally, 87.5% of participants stated that they took part in moderate to vigorous physical activity between three and five days a week.

	Low To Moderates	Moderates To Vigorous
0 Day	0	12.5
1-2 Days	18.75	56.25
3 Days	25	12.5
4-5 Days	25	18.75
6-7 Days	31.25	0

Table 2: Percentage of participants at each level of physical activity.

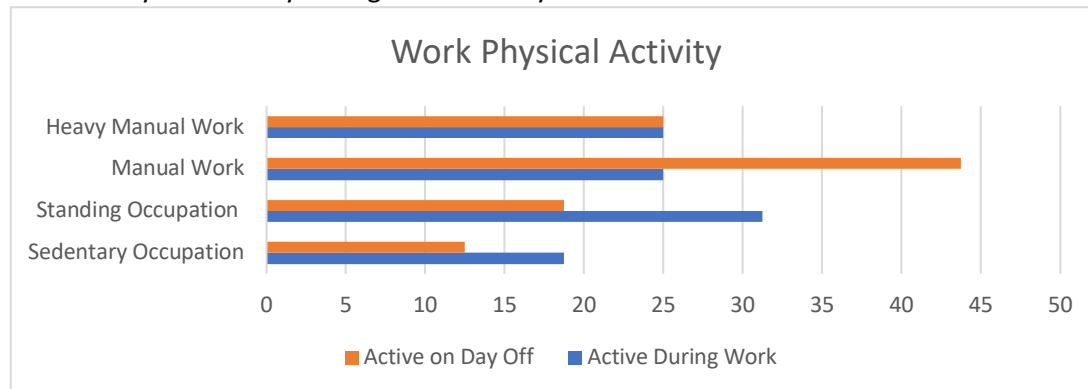


Graph 1: Percentage of participants at each level of physical activity.

Fifty percent of the participants said that they are taking part in manual or heavy manual work as part of their job. Whereas 68.75% of participants state that they are doing the same sort of physical activity on their days off.

	Active During Work	Active on Day Off
Sedentary Occupation	18.75	12.5
Standing Occupation	31.25	18.75
Manual Work	25	43.75
Heavy Manual Work	25	25

Table 3: Physical activity during work and days off work



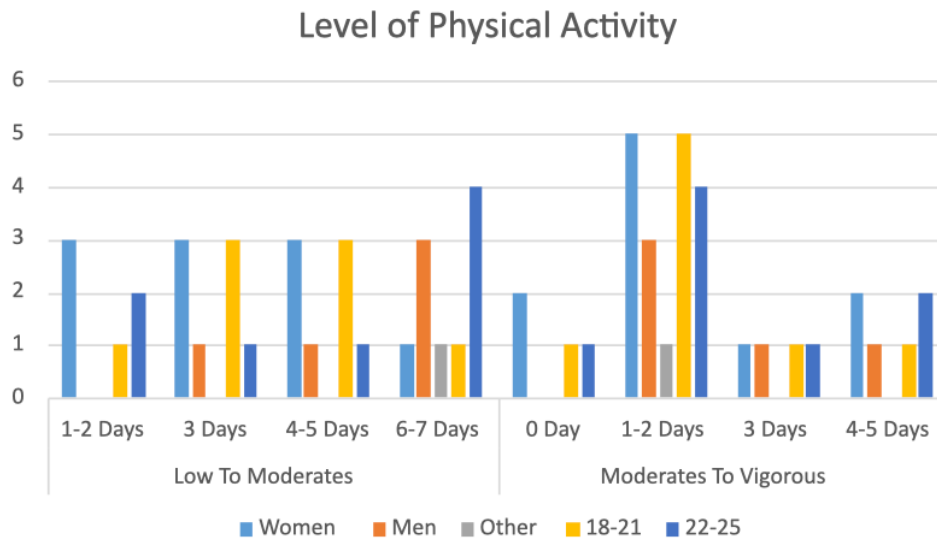
Graph 2: physical activity during work and day off work

There was three women that took part in one to two days, three days, and four to five days of low to moderates physical activities and one woman took part in six to seven days of low to moderates physical activities. While the men did not get involved in one to two days of low to moderates physical activities, one man took part in three days and four to five days of low to moderates physical activities and three men took part in six to seven days of low to moderate physical activities. One participant from the age group 18-21 took part in one to two days and six to seven days of low to moderate physical activities and three participants took part in three days and four to five days of low to moderate physical activities. While two participants from the age group 22-25 took part in one to two days of low to moderate physical activities, one participant took part in three days and four to five days of low to moderate physical activities and four participants took part in six to seven days of physical activities. Two women did not get involved in moderate to vigorous physical activities, five women took part in one to two days of moderate to vigorous physical activities, one woman took part in three days of moderate to vigorous physical activities and two women took part in four to five days of moderate to vigorous physical activities. While three men took part in one to two days of moderate to vigorous physical activities and one man took part in three days and four to five days of moderate to vigorous physical activities. One participant from the age group 18-21 took part in zero days, three days, and four to five days of moderate to vigorous physical activities and five participants took part in one to two days of moderate to vigorous physical activities. While one participant from the age group 22-25 took part in zero days and three days of moderate to vigorous physical activities, four participants took part in one to two days of moderate to vigorous physical activities and two participants took part in four to five days of moderate to vigorous physical activities.

	Low To Moderates				Moderates To Vigorous			
	1-2 Days	3 Days	4-5 Days	6-7 Days	0 Day	1-2 Days	3 Days	4-5 Days
Women	3	3	3	1	2	5	1	2
Men	0	1	1	3	0	3	1	1

Other	0	0	0	1	0	1	0	0
18-21	1	3	3	1	1	5	1	1
22-25	2	1	1	4	1	4	1	2

Table 4: The number of participants at each level of physical activity.

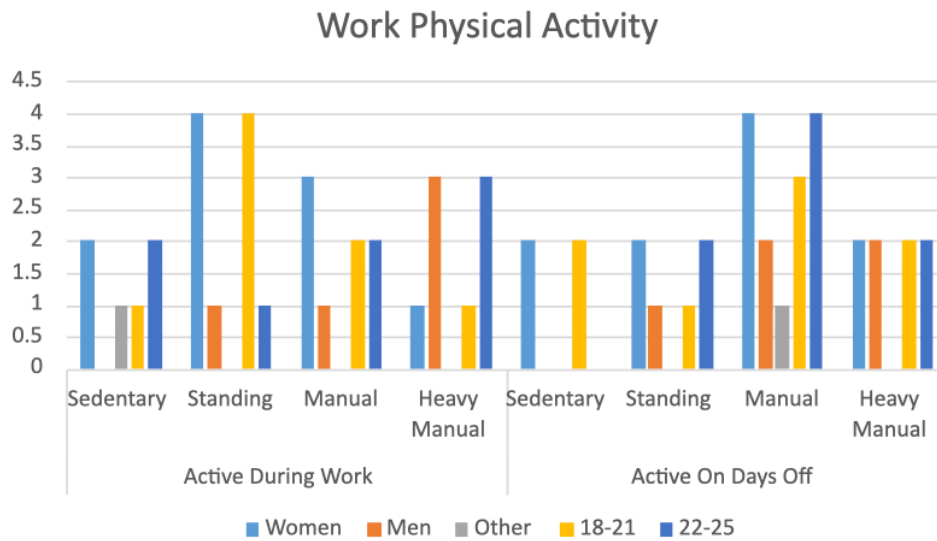


Graph 3: The number of participants at each level of physical activity

Two women does sedentary occupation during their job, four women does standing occupation during their job, three women does manual work during their job and one woman does heavy manual work during their job. While one man does standing occupation and manual work during the job and three men does heavy manual work during their job. One participant from the age group 18-21 does sedentary occupation and heavy manual work during their job, four participants does standing occupation during their job and two participants does manual work during their job. While two participants from the age group 22-25 does sedentary occupation and manual work during their job, one participant does standing occupation during their job and two participants does manual work during their job. Two women does sedentary occupation, standing occupation and heavy manual work on their days off and four women does manual work on their days off. One man does standing occupation on their days off and two men does manual and heavy manual work on their days off. Two participants from the age group 18-21 does sedentary occupation and heavy manual work on their days off, one participant does standing occupation on their days off and three participants does manual work on their days off. Two participants from the age group 22-25 does standing occupation and heavy manual work on their days off and four participants does manual work on their days off.

	Active During Work				Active On Days Off			
	Sedentary	Standing	Manual	Heavy Manual	Sedentary	Standing	Manual	Heavy Manual
Women	2	4	3	1	2	2	4	2
Men	0	1	1	3	0	1	2	2
Other	1	0	0	0	0	0	1	0
18-21	1	4	2	1	2	1	3	2
22-25	2	1	2	3	0	2	4	2

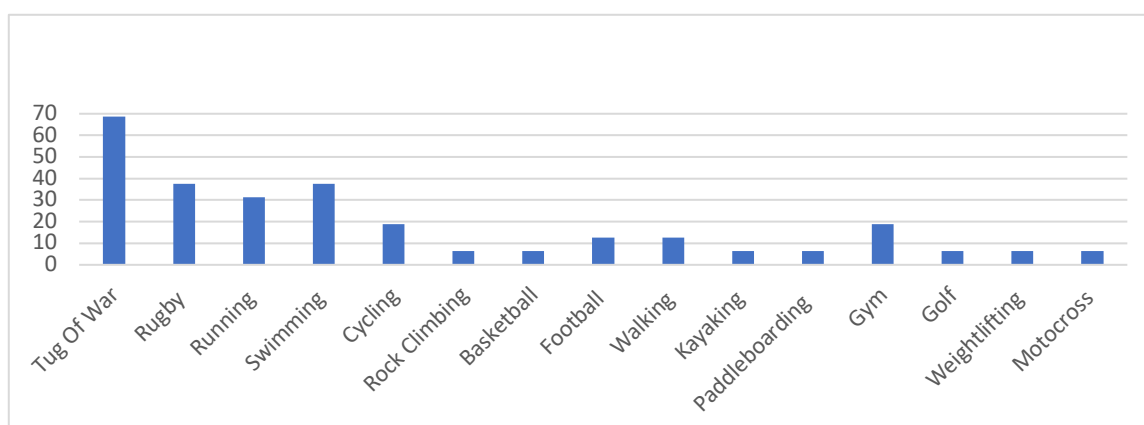
Table 5: The number of participants that do physical activity during work and days off work.



Graph 4: The number of participants that do physical activity during work and days off work. 68.75% of the participants said they do tug of war, 37.5% said they do rugby and swimming, 31.25% said they are going running, 18.75% said they do cycling and go to the gym, 6.25% said they do rock climbing, basketball, kayaking, paddleboarding, golf, weightlifting and motocross and 12.5% said they do football and going on walks as a physical activity.

Sports	
Tug Of War	68.75
Rugby	37.5
Running	31.25
Swimming	37.5
Cycling	18.75
Rock Climbing	6.25
Basketball	6.25
Football	12.5
Walking	12.5
Kayaking	6.25
Paddleboarding	6.25
Gym	18.75
Golf	6.25
Weightlifting	6.25
Motocross	6.25

Table 6: The percentage of participants that do each physical activity.



Graph 5: The percentage of participants that do each physical activity.

Barriers

Overall, lack of energy was highlighted as the biggest barrier to physical activity across gender and age groups. With Lack of Skill scoring the least. Both women and men rated Lack of Energy as the biggest barrier to their participation in physical activity. Women rated Fear of Injury as the least, however this score was 2 points bigger for men. Demonstrating that men see Fear of Injury as a bigger barrier to physical activity than women do. Both age group see fear of Injury as the least barrier to physical activity. Social influence was the second highest barrier to physical activity for the age group 18 to 21 and for the age group 22 to 25 the second highest barrier was lack of willpower which is the same for women. Lack of time is the second highest barrier to physical activity for men.

	Overall	Women	Men	Other	18-21	22-25
Lack Of Time	7.38	7.6	6.8	8	7.75	7
Social Influence	7.13	7.6	5.4	11	8.88	5.38
Lack Of Energy	8.06	8.1	7.6	10	9.13	7
Lack Of Willpower	7.5	7.8	6.2	11	8.63	6.38
Fear of Injury	5.44	4.3	6.6	11	5.88	5
Lack Of Skill	5.13	5.4	4.6	5	5.75	4.5
Lack Of Resources	5.63	5.7	5.2	7	6	5.25

Table 7: The percentage of each barrier that gets away for the doing physical activity each participant.

5.0. Discussion

5.1. Result One: Physical Activity Level

More than 80% of the Young Farmers Club (YFC) participants stated that they were doing at least three days a week of low to moderate physical activity and more than 85% of Young Framers Club (YFC) participants stated that they were doing at least three days a week of moderate to vigorous physical activities. Farmers actually are above average in participating in physical activity as they do 1.5 hours of vigorous physical activity per day (Racine, Laditka, Dmochowski, Alavanja, Lee and Hoppin, 2012)

Six to seven days has the highest percentage at 31.25% of YFC members that do low to moderate physical activity and one to two days has the highest percentage at 56.25% of YFC members that do moderate to vigorous physical activity. Most of the women do one to two days of moderate to vigorous physical activity and do one to five days of low to moderate physical activity and most of the men do six to seven days of low to moderate physical activity and one to two days of moderate to vigorous physical activity. Most of the age group 18 to 21 years old do one to two days of moderate to vigorous physical activity and three to five days of low to moderate physical activity and most of the age group 22 to 25 years old do six to seven days of low to moderate physical activity. This links to Al- Ansari, *et. al.* (2020) work on the recommendation for adults aged 18 to 64 years old on the amount of physical activity they are recommended to do a week, an average of 150 to 300

minutes of low to moderate physical activity and 75 to 100 minutes of moderate to vigorous physical activity or an equal amount of both.

Tug of war has the highest percentage at 68.75% of YFC members that does this as a physical activity.

5.2. Result Two: Physical Activity Levels During Work Time and Days Off Work

50% of young farmers stated that they were active during work at a manual to heavy manual work, however on days off more than 65% of young farmers stated that they did some sort of physical activity that was at a manual level.

Standing occupation has the highest at 31.25% that do physically active work and manual work has the highest percentage at 43.75% that do physically active on their days off. The highest number of women does a standing occupation as a physically active job and highest number of men does a heavy manual as a physically active job. The highest number of the age group 18 to 21 years old does a standing occupation as a physically active job and the highest number of the age group 22 to 25 years old does a heavy manual as a physically active job. The highest number of women does a manual work to be physically active on their days off and the highest number of men does a manual and heavy manual to be physically active on their days off. The highest number of the age group 18 to 21 and 22 to 25 years old does manual work to be physically active on their days off.

5.3. Results Three: Barriers

Across the genders and age lack of energy was the highest barrier for them to participate in physical activity and lack of time being the second highest barrier for them to participate in physical activity which was reported in the questionnaire.

From the questionnaires results the key finding shows that women have the highest percentage at 8.1% with lack of energy being the barrier that got in the way of them doing physical activity, this was the same for the men. The age group 18 to 21 years old has the highest percentage at 9.13% with lack of energy being the barrier that got in the way of them doing physical activity, this way the same as the age group 22 to 25 as well as lack of time.

This links to Allison, *et. al.* (1999) work on barriers, where lack of energy was noticed as a barrier in physical activity as well as Aruz, *et. al.* (2006) has a table that showed the mean scores of internal and external barriers and there was a mean score of 5.95% for lack of energy.

6.0. Conclusion

This study looked at the behaviours and physical activity engagement of Young Farmer Clubs (YFC). Physical activity is important because it improves health and wellbeing by lowering the risk of heart problems and depression as well as lowering death rates. Doing physical activity helps children to maintain a healthy weight throughout their lives. The benefits of physical capital for physical activity are the prevention of non-communicable disease and conditions for example obesity, diabetes, and heart disease. The benefits of emotional capital for physical activity are increase the level of self-esteem and reduces depression and anxiety, also helps them when it comes to stressful events. After quantitative research involving A questionnaire there was 3 clear results, number one is farmers are above average in taking part in physical activity across the population. Number two is whether it is a day in work or a day off they are still taking part in some sort of physical activity such as manual to heavy manual loads. Number three is lack of energy and time are the two highest act as barriers to physical activity engagement of behaviours. Going on these results then, these results are important because they help fiercely Young Farmers Clubs (YFC) to create more time to be physically active which is important for their health and to continue to make sure that they are getting involved in different physical activities there are out there for them to do. It is important for individuals to think about how they spend their time to make sure that they are taking part in some sort of physical activities in the day-to-day life.

From doing this research study and making the questionnaire to collect the data from the YFC members on how physically active there are, we find there were several limitations that was found after doing the work the first limitation was not having questioned to a identifying the difference between farmers and non- farmers this would have helped us know how much physical activity they

do during work and on their days off also how physically active they are during the week. The second limitation was not having a question about the farmers mental health and how physical activity has helped them manage the health and if it has. Another limitation was the opinions on physical activity, so we need to ask a question did the participants feel like they had enough physical activity during the day or during the week? The next limitation was about the findings of the data we could have used SPSS to provide statistical analysis for the data to get better understanding of the difference between the genders and the age groups that do physical activity. The next imitation was that we could have used qualitative data to get a deeper and richer information from the participants about their engagement and values around physical activity as a young farmer.

7.0. Reference

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8.0. Appendixes

It was ethically informed because at the beginning it was demonstrated that the participants could withdraw from the studies anytime this can be seen in the methodology 3.3. Ethics section and in the consent form that was put out on Facebook and was also on top of the questionnaire.