

Final assignment submission

by Heta Jain

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Module Name: Practice Based Research (LCHS7001 BIRM)

Lecture's name: Dr Ogochukwu Agunenyne



TITLE:

**PREVALENCE OF PHYSICAL
ACTIVITY AMONG STUDENTS IN A
PUBLIC UNIVERSITY**

Introduction:

The promotion of general health and wellbeing, especially among college students, depends heavily on physical activity. But research has shown that university students frequently lead sedentary lifestyles, which can result in a number of health issues. For the purpose of creating targeted interventions and fostering a healthy campus environment, it is crucial to comprehend the level of physical activity among students at a public institution. The research project intends to evaluate students' current levels of physical activity and investigate possible factors that may be impacting that participation. (Romero-Blanco et al., 2020)

Rationale Study:

The importance of this study rests in its potential to shed light on students' physical activity habits at a public university. The prevalence of physical activity may be determined, and the underlying causes can be understood, allowing for the design and implementation of effective interventions to encourage students to lead active lifestyles. The findings of this investigation will contribute to evidence already available on student health and lay the groundwork for establishing practical methods to increase levels of physical activity. (Catherine B. Woods, Norah M. Nelson, Donal J. O'Gorman, Eimear Foley, and Niall M. Moyna, 2009)

Proposed Research Question/Aim/Objectives:

- Question: What variables affect students' levels of physical exercise and how common is it among students at public universities?
- Aim/Objectives:
 1. To ascertain the frequency and trends of exercise among college students at a public institution.
 2. To investigate the influences of social, environmental, and personal variables on students' levels of physical exercise.
 3. ¹⁰ To investigate the relationship between physical exercise and a range of health outcomes, such as mental health, academic achievement, and general well-being. (Xinli Chi an et al2020).
 4. To determine what encourages and hinders students at universities to engage in physical exercise.
 5. To offer suggestions for encouraging physical activity and creating interventions specifically suited to the requirements of university students.

Research methodology and methods section/justification:

Research Methodology: The prevalence of physical exercise among students at a public institution can be investigated using a combination of quantitative and qualitative research techniques. This mixed-methods approach will provide a full understanding of the phenomenon and allow for triangulation of findings.



Research Methods:



Surveys: Surveys can be used to obtain data on physical activity levels, frequency, duration, and types of activities undertaken by students. The surveys can incorporate validated questions such as the International Physical Activity Questionnaire (IPAQ) or the Global Physical Activity Questionnaire (GPAQ) to ensure consistency and comparability of results.



Objective Measures: To quantify physical activity precisely, objective tools like accelerometers and pedometers can be utilised. These tools offer an unbiased evaluation of the number of steps taken, the level of exercise, and sedentary behaviour. Self-reported measurements can be supplemented by the gathered data, which can further improve the reliability of the results.

Research Design:

- To gather data at a specified moment, a cross-sectional design might be used. The prevalence of physical activity and its contributing variables may be evaluated among a sample of students using this methodology. A large number of individuals can be given surveys or questionnaires at once, giving an overview of physical activity trends.
- A longitudinal approach can be used to examine patterns of physical activity over a longer period of time. Through the use of many data sets from the same group of students, this methodology makes it possible to examine how physical activity levels vary over time and identify relevant predictors or determinants.

Recruitment, Sampling & Study Participants.

■ Recruitment:

Potential participants can be contacted by using the public university's communication methods, such as email newsletters, bulletin boards, and online platforms. Collaboration with academic departments and professors might aid in promoting the study within certain academic programmers. (Aljayyousi et al., 2019)

■ Sampling:

Participants can be chosen at random from the target group of public university students. This tactic lessens bias and enhances representativeness by making sure that each candidate has an equal chance of getting picked.

■ Study Participants:

The study's objectives, the techniques to be used, the voluntariness of participation, the possible risks and benefits, and the confidentiality and anonymity of the data gathered should all be fully disclosed during the consent process. (Aljayyousi et al., 2019)
Participants should be given the chance to express their questions and agree in writing or electronically.

Data Collection Method:

Quantitative data will be obtained using a standardised self-administered questionnaire. The questionnaire will examine physical activity levels, impediments, facilitators, and sociodemographic information. Validated tools such as the International Physical Activity Questionnaire (IPAQ) may be incorporated to assure reliability and comparability of results. (van Poppel, 2010) The questionnaire will be administered electronically, allowing participants to complete it at their convenience within a specified time limit.



Data Analysis Technique:

To ascertain the frequency and trends ¹¹ of physical activity among university students, descriptive statistics will be used. To examine relationships between physical activity and sociodemographic traits, inferential techniques like chi-square testing and regression analysis will be used. Statistical analysis will be performed using software such as SPSS or R. (Samarkandi, 2022)

Ethical Considerations:

The Institutional Review Board of the university will grant ethical approval in order to guarantee the rights and welfare of participants. Before including any individuals in the study, their informed consent will be requested. Giving a thorough explanation of the study's goals, methods, potential drawbacks and advantages, and the voluntary nature of participation will all be part of the consent procedure. (Nardini, 2014) Participants will have the chance to ask questions and leave the study at any moment without facing any repercussions. By deleting any identifying information from the data gathered, confidentiality and anonymity of participants' responses will be guaranteed.

Implications of Research:

This study's findings will provide useful insights ³ on the prevalence and patterns of physical activity among students in a public university. The identification of factors impacting physical activity levels, such as socio-demographic characteristics and environmental factors, will contribute to the creation of targeted interventions to promote physical activity on campus. (FC, 2018)The data will also offer a baseline for future study and evaluation of treatments aimed at increasing the exercise levels and general health of university students.

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