

**STUDY ON PHYSICAL FITNESS STATUS OF HOUSEHOLD
WOMEN FROM BHUPATINAGAR IN RESPECT OF
SOCIO ECONOMIC STATUS**



Dissertation

**Submitted for the requirement of degree of
Master of Physical Education (M. P. Ed.)
Semester-IV Examination 2023 of
Vidyasagar University**

BY

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REG. NO. – 00979 of 2021-2022**

**DEPARTMENT OF PHYSICAL EDUCATION
Mugberia Gangadhar Mahavidyalaya
Bhupatinagar West Bengal**

August-2023



Dedicated To

My

Family

&

All Sports Lovers

DEPARTMENT OF PHYSICAL EDUCATION
MUGBERIA GANGADHAR MAHAVIDYALAYA

BHUPATINAGAR ◊ PURBA MEDINIPUR
WEST BENGAL ◊ PIN-721425

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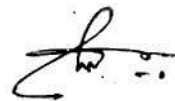
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Dr. Debasish Ray

Date-07.08.2023

Professor
&
Head of the Department

I certify the entire work incorporated in this thesis has been carried out by Miss. **Anamika Rajak** a student of M. P. Ed. Semester-IV, Session-2021-2023, Department of Physical Education, **Mugberia Gangadhar Mahavidyalaya**, Bhupatinagar, Purba Medinipur, W. B. under my guidance. She completed this research work for the degree of master of physical Education under **Vidyasagar University**. I am forwarding her entitled "**STUDY ON PHYSICAL FITNESS STATUS OF HOUSEHOLD WOMEN FROM BHUPATINAGAR IN RESPECT OF SOCIOECONOMIC STATUS**" been submitted for the examination of M. P. Ed. Degree 2023 of Vidyasagar University. Since **Anamika Rajak** has fulfilled all the requirements according to the rules of this University regarding the works embodied in her thesis, I, therefore, recommended that the same may please be accepted for the examination of M. P. Ed degree 2023.



(D r. Debasish Ray)
Professor
&
Head of the Department
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This is to certify that Mr/Miss. *Anamika Rajak*.....

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SEM *IV*....., Department of *Physical Education*..... has

successfully completed a dissertation / ~~project~~ entitled *Study on Physical*

Fitness Status of Household Women from Bhupatinagar in

Respect of Socioeconomic Status.

for the paper *MPUE-AP3*..... in the year *2023*.....

Date : *07.08.2023*

Signature of HOD

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Declaration

I do hereby declare that research work entitles “**STUDY ON PHYSICAL FITNESS STATUS OF HOUSEHOLD WOMEN FROM BHUPATINAGAR IN RESPECT OF SOCIOECONOMIC STATUS**”. is an original piece of work done by me under the supervision of Dr. Debasish Ray, Associate professor, Department of Physical Education, Mugberia Gangadhar Mahavidyalaya. I have specified, by means of reference, the source of information.

Date: **07.08.2023**

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Acknowledgement

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I would like to express my sincere thanks to all my respected teachers of the Department of Physical Education, Mugberia Gangadhar Mahavidyalaya who extended their help to me during my research work.

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I am also thankful to my all-batch mates for successful arrangement and rendering assistance to administer all the tests related to my research work.

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Date- 07.08.2023

Place- Bhupatinagar

(Anamika Rajak)

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ABBREVIATION

1.	Cm	Centimeter
2.	Yrs	Years
3.	Ht	Height
4.	Kg	Kilogram
5.	Wt	Weight
6.	Min	Minute
7.	Sec	Second
8.	Mn	Mean
9.	Sd	Stander Deviation
10.	No	Number
11.	fig	Figure
12	C.R.END	Cardiorespiratory endurance
13	MUS STH	Muscular Strength
14	MUS END	Muscular Endurance
15	FLX	Flexibility
16	SES	Socioeconomic Status
17	BMI	Body Mass Index
18	Mtr	Meter
19	Comp Score	Composite Score
20	df	Degrees of Freedom

CHAPTER- V

SUMMARY, CONCLUSION AND RECOMMENDATION

In this chapter summary of the total work done in this dissertation as describe in previous chapter has been delimited. The conclusions drawn from the result and recommendations for future research work have also been presented here.

5.1 SUMMARY OF THE STUDY

Physical inactivity is a major risk factor for health problems. Working Women have double burden of work and care of their children and also manage the house. Homemakers also have to perform all household chores as well as take care of their children. Mumbai is a Metropolitan city with a diverse population and a large number of Women go out to Work / study and equally large are engaged in full time home activities. Health related physical fitness of a Woman has a bearing on the Society as a whole.

Healthy lifestyle behaviour can be defined as controlling the behaviours that affect one's health throughout their life, organizing their daily activities and choosing behaviours favourable to their health status. It can also be defined as the totality of behaviours based on the preservation of health according to age, the maintenance of the health order, and the continuous improvement of health. However, when physical activities are added into lifestyle, the status of the view on health may change.

Socio economic status (SES) is an economic and sociological combined total Measure of a person's work experience and of an individual's or family's economic and social position in relation to others, best on income, education and occupation. When analysing a family's (SES) the household income, earner's education and occupation are examined, as well as combined income whereas for an individualises only their own attributes are assessed. However, SES is more commonly used to depict an economic difference in society as a whole.

Changing family models have resulted in a large increase in the number of single-person households. This phenomenon has certain implications for society and the economy as single people often exhibit different behaviours, including their engagement in health-related physical activity, then those who are married and living with partners. However, the results of studies on determinants of physical activity in people of different marital status have been inconclusive.

The purpose of this study is to find out the health-related Physical Fitness status of house hold women of Bhupatinagar in respect on socio-economic status.

To find out the relationship between Health-related physical fitness and socioeconomic status of house hold women of Bhupatinagar.

To find out the relationship between Health-related physical fitness and BMI of house hold women of Bhupatinagar.

To find out the relationship between BMI and socioeconomic status of house hold women of Bhupatinagar.

To find out the impact of Health-related physical fitness over socioeconomic status of house hold women of Bhupatinagar and vice versa.

Study of the literature which was followed by the investigation from the year of 1991 to 2022 are mentioned in this chapter 2. Chapter deals with literature related to the present study. The investigator and researcher got an idea of the work that has already particular field and also how much in needed to draw proper conclusion.

The methodology deals the subject, criterion measure, instruments, and tools used the design and procedure for collection data administering and test for the study were described. The selection of the subject was considered Total 131 Household woman were selected as subjects from Bhupatinagar, Purba Medinipur districts of West Bengal for the present study. The age range of the subjects between 18 to 60 years. Total subjects were divided into five age groups. All the subjects were performed of the test with in stipulated time. Age, height and weight of the subjects were considered as personal data. Physical

fitness status was measured by a standard test betray conisation of Cardiorespiratory endurance was measured by Six Minute Run walk, Muscular strength was measured through Hand grip strength test, Muscular endurance of the abdominal muscles was measured by Bend knee sit up, Flexibility was measured through Sit and reach test and Body composition was measured by height and weight ratio (BMI). To measure the Socio-economic status of the subject, Tool for assessment of Socio-economic status. D. Ray (1996) (Modified 2021), Questionnaire were used. All the tests were conduct through standard procedure as par test manual. After collecting the data standard statistical procedure were used for the analysed of data.

All the data were statically treated and are present in chapter 4in table form of figure and also graphically represented as per design of the study. This was followed by correlation was obtained the significant level of the test. For statistical interpretation of data level of significant for correlation has been set as 0.05 and 0.01 level.

5.2 CONCLUSIONS

With the limitation of the study the following conclusion were drown: -

- i.** *On the basis of the present study from the Mean values it can be concluded that 25-34 years Age group are having Higher Cardiorespiratory Endurance (629.8 mtr) in comparison to the other Age groups.*
- ii.** *In case of Muscular Strength and Muscular Endurance both component 18-24 years' age group are having Higher Mean Value (52.92mm and 4.17 times Respectively).*
- iii.** *From Mean Value it can be concluded that 45-54 years' Age group are having more Flexibility and Higher Socioeconomic status in comparison to the other age groups.*
- iv.** *According to the BMI Norms given by 'WHO' It can be concluded that only 45-54 years Age group are lying under Norman Weight Category other than that all the other age group are lying under the Overweight Category.*
- v.** *Through the Coefficient of correlation, the Researcher had concluded that in between Socioeconomic status and composite Score of 18-24 years' age group had highly negative relationship. Hence According to the present study The Researcher may conclude that the*

Individual Who Are Economically doing well in their regular lifestyle they have negative Health related Physical fitness status.

5.3 RECOMMENDATIONS

An interested researcher may take up future studies in light of the finding of the present study in the following area: -

- i. The study may be conducted with large number of samples.*
- ii. The same study may be conducted for Male group.*
- iii. The study might be conducted of others Physical fitness component.*
- iv. Similar study can be conducted among hilly area.*
- v. Future researcher may think of including any other parameter.*

APPENDICES

APPENDIX - A

APPENDIX - A

Tool for Assessment of Socio-economic Status

M-T --SES, 4183/23

20

নিম্নোক্ত বিষয়গুলি মন দিয়ে পড় এবং যথাসম্ভব সঠিক উত্তর দাও। তোমার দেওয়া উত্তরগুলি সম্পূর্ণভাবে শুধুমাত্র এই গবেষণার প্রয়োজনেই ব্যবহার করা হবে। নির্ভয়ে নিঃসংকোচে প্রয়োজনীয় তথ্যগুলি সরবরাহ কর। তোমার দেওয়া তথ্যগুলির যথেষ্ট গোপনীয়তা রক্ষা করা হবে।

তারিখ - ০৬.০৬.২৩

- ১) নাম - চন্দ্রস্বা ঝুপ্তা
- ২) ক্রমিক নং - ৬
- ৩) ঠিকানা - ব্রাহ্মণ চোপাট ডি. পি. তিনগাও, জেলা - পূর্বচন্দ্রদ্বীপ, পিন - ৭২১৪২৫
- ৪) শিক্ষাগত মান - B.A (1st year)
- ৫) বয়স - 19
- ৬) ধর্ম --- হিন্দু / মুসলমান / বৌদ্ধ / জৈন / অন্যান্য -
- ৭) বর্ণ-সম্প্রদায় -- ব্রাহ্মণ / কায়স্থ / বৈশ্য / শূদ্র / তপঃ জাতি / তপঃ উপজাতি / সিয়া / সুনি / ক্যাথলিক / প্রটেস্ট্যান্ট / অন্যান্য -
- ৮) স্থায়ী বাসস্থান -- গ্রাম / মফঃস্বল / শহর
- ৯)

ক) পিতার - ^{শিক্ষাগত মান} B.A (6)	প্রধান পেশা ^{students} বৃহস্পতি	অন্য পেশা
খ) মাতার - ^{শিক্ষাগত মান} B.A (4)	House hold	
গ) স্বামীর / স্ত্রীর -		
- ১০) বৈবাহিক মান -- অবিবাহিত / বিবাহিত / বিধবা / বিপন্নিক / বিবাহবিচ্ছিন্ন।
- ১১) পারিবারিক আয় -- ১২০০০ এর নিচে / ১২০০০ / ১৫০০০ / ২৪০০০ / ৩২০০০ / ৪৪০০০ / ৫৬০০০ / ৭৫০০০ (2)
/ ১ লক্ষ / ১ লক্ষের বেশি
- ১২) পারিবারিক কাঠামো -- একক পরিবার / যৌথ পরিবার / বৃহৎ পরিবার। (3)
- ১৩) পারিবারিক সদস্য সংখ্যা -- ২ / ৩ / ৪ / ৫ - ৭ / ৮ - ১০ / ১১ - ১৩
- ১৪) তুমি কি মনে কর শারীরশিক্ষা -- খুব আকর্ষণীয় / লাভজনক / উপকারী / ক্ষতিকর।
- ১৫) তুমি শারীরশিক্ষা ক্লাসে যোগদান কর, কারণ -- আকর্ষণ আছে / ছোট থেকে ভালো খেলাধুলা কর / বন্ধুরা খেলে তাই / সময় কাটানোর জন্য / মা বাবা উৎসাহিত করেন।
- ১৬) ক) তোমার প্রধান খাদ্য - ভাত / রুটি / উভয়ই

খ) প্রতিদিন কতটা ভাত বা রুটি খাও -- ১০০ গ্রাম / ১৫০ - ২০০ গ্রাম / ২৫০ - ৩০০ গ্রাম / ৩৫০ গ্রাম - ৪০০ গ্রাম / ৪৫০ - ৫০০ গ্রাম / উর্ধ্ব	ঘ) সপ্তাহে মাছ প্রতিদিন / মাঝেমাঝে খাও। (4)
গ) তুমি নিরামিষাসী / মাংসাসী।	
ঙ) সপ্তাহে কতটা ডিম খাও -- ১ / ২ / ৩ / ৪ / ৫ / ৬ - ৮ / বেশি -	
চ) সপ্তাহে কতটা মাংস খাও -- ১০০ গ্রাম / ২০০ - ৩০০ গ্রাম / ৩০০ - ৪০০ গ্রাম / ৫০০ গ্রাম।	
- ১৭) তুমি কি ফল খাও - হ্যাঁ / না নিয়মিত / মাঝেমাঝে (1)
- ১৮) তুমি কি ফুলে টিফিন খাও -- প্রতিদিন / মাঝেমাঝে
- ১৯) খেলাধুলা করার জন্য তুমি কি আলাদা খাবার খাও - হ্যাঁ / না
- ২০) ক) তুমি কি কোনো প্রকার নেশাগ্রহ -- হ্যাঁ / না

খ) তুমি কি কোনো প্রকারের নেশা কর -- চা / বিড়ি / সিগারেট / গাঁজা / মদ / বিদেশী মদ / অন্যান্য --
গ) তুমি কি কোনো প্রকার নেশাদ্রব্য শখ করে বা খেলাধুলায় অতিরিক্ত এনার্জি পাওয়ার জন্য খাও -- হ্যাঁ / না যদি হ্যাঁ, - মাঝেমাঝে / উৎসবে / বন্ধুর অনুরোধে

APPENDIX – B



MUGBERIA GANGADHAR MAHAVIDYALAYA

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Ref. No.—M.G.M. / / /
From—The Principal / Secretary,

Date.....



To,
The Block Development Officer,
Bhagwanpur -II Block,
Bhupatinagar, Purba Medinipur,
West Bengal, PIN - 721425

Sub: *Information regarding collection of data for masters' project*

Sir,
I deem it a pleasure to inform you that, six (6) students of M. P. Ed. 4th Semester from our institution are under going to conduct a project on 'Physical, Anthropometric and Socio-economic status of the habitats of Bhupatinagar under Mugberia G.P.' as a joint venture. This project is in the course of studies as per syllabus of M. P. Ed 4th Semester of Vidyasagar University.

So, you are being informed about collection of information by the students regarding socio-economic status anthropometric assessment of each and every individual by door to door survey in Bhupatinagar Jurisdiction.

Your kind co-operation and moral support is highly solicited.

Thanking You,

Yours sincerely,

With regards,

Dated: 24.05.2023
Bhupatinagar

Swapan 24.05.23
(Dr. Swapan Kumar Misra)
Principal
Mugberia Gangadhar Mahavidyalaya
Principal
Mugberia Gangadhar Mahavidyalaya



APPENDIX - C



পশ্চিমবঙ্গ সরকার
সমষ্টি উন্নয়ন আধিকারিকের কার্যালয়
ভগবানপুর-২ উন্নয়ন ব্লক
ভূপতিনগর :: পূর্ব মেদিনীপুর
পিন : ৭২১৪২৫
দূরভাষ : ০৩২২০-২৭০২২০

Government of West Bengal
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Memo No. : 1116 | Bhag-11 | 23

Date : 31.05.23

To
The Pradhan
Mugberia Gram Panchayat

Sub.: Information regarding collection of data for masters' project by the M.P.Ed. Students of
Mugberia Gangadhar Mahavidyalaya

As per the letter received from Principal, Mugberia Gangadhar Mahavidyalaya, you are hereby informed that 6 (Six) nos. of M.P.Ed. students of the college are going to conduct a Masters' project and collect the data regarding socio-economic status anthropometric assessment of each and every individual by door to door survey in Bhupatinagar Jurisdiction under Mugberia Gram Panchayat. The letter of the Principal is attached herewith.

You are hereby requested to co-operate the Students.

Encl.: As stated

Memo No. : 1116 | 1(2) | Bhag-11 | 23

Copy forwarded for information to:

1. The Officer-in-Charge, Bhupatinagar PS
2. The Principal, Mugberia Gangadhar Mahavidyalaya

[Signature]
31.05.23
Block Development Officer
Bhagwanpur-II Development Block
Date : 31.05.23

[Signature]
31.05.23
Block Development Officer
Bhagwanpur-II Development Block
Date : 31.05.23