Physical activity levels Medical Sience University staff in Isfahan

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ABSTRACT

Background: Physical activity is any movement in daily life such as work, leisure, sports and action. Objective: The aim of this study is to investigate the levels of physical activity measured Medical Sience University staff of Isfahan. This study is descriptive and applied. The population of both staff and Medical Sience University staff (Deputy therapy, Vice Chancellor, Student Affairs - Cultural Affairs support, Ghazv Department of Medicine, Department of Health, and Research) in 2012, respectively. Population size based on their employment have been 1647 which the sample size was 332 using Cochran formula and were selected by proportional stratified random sampling. Beck Baecke physical activity questionnaire instrument consisted of a questionnaire with 16 questions on the questionnaire based on the opinions of experts and university professors and reliability through Cronbach's Alpha 0.76 was calculated. For data analysis, statistical methods, univariate t-test, test Kalmagryv - Smirnov test and ANOVA and MANOVA were used to Levin. Results: Physical activity levels are lower than average level of the University staff and the staff of levels of physical activity in terms of demographic characteristics, level of physical activity and exercise alone, there was no significant difference between male and female employees. Conclusions Given the importance of physical activity and increasing the productivity of employees of an organization with regard to the findings, the following is necessary: increasing physical activity in the workplace than do normal activities, promote physical activity, sport and Conditions of leisure and sports facilities for the staff and fill out the sports staff.

INTRODUCTION

Today, health promotion and staying active in later years, was a serious matter and not as a concept as well as the growing luxury car industry and life in today's world, the less people stay active, and to the a decline in the health and fitness will follow. Physical activity is any movement in daily life such as work, leisure, sports and action called Tuesday Ganhay levels, including work, sports and leisure, and the address of the manufacturer's physical, psychological, social and cultural among different communities is important [24]. Thus, the different levels of physical activity and, as a category of cultural, social and manufacturer of body and mind and creates more attention to health and vitality. Getting regular physical activity as an important factor in terms of health, the psychological effects and consequences - be social with people [28].

Physical activity can improve quality of life for every one of all ages. Active lifestyle can cause older people to make new friends, and social activities remain. It is known that the prevalence of mental illness in people who are physically active is less. Motor deficiency disease is a term used for those diseases that can be related in part to some immobile lifestyles. In order to move out of poverty, low levels of physical activity. With
the advancement of technology, to meet the daily habits of the motor is reduced. This lack of activity can cause deterioration of the natural processes of the body. So medical problems, including coronary heart disease, hypertension, obesity, osteoporosis, diabetes, stress, illness, insomnia and back pain may be directly or indirectly related to decreased physical activity, thus increasing levels of activity may be somewhat alter the disease process [10].

Includes leisure activities apart from coercion, job, family and community in which the individual acts just like his leisure, work or unemployment, it is a valuable experience life and to quote Aristotle, leisure is the busiest man. The best way leisure and recreation, especially recreational sports, and many positive effects on the individual and society. Leisure time exercise and recreation, in addition to one's physical and mental health, boost performance and prevent many diseases and problems in their personal, social and health cost savings and deployment of new machines and new technology to reduce personnel costs (manpower) in the organizations in all countries of the world is important. Physical Education and Sport in principle on a regular basis and if used correctly. Dthqmq important needs of young, healthy living and social understanding correct or prevent deviant behavior can be effective [14].

Tondnevis [31], research on "the exercise (physical activity) in a recreation of the Iranian people" have done. The purpose of this study addressing or not addressing the people in the sport, leisure, sports and leisure activities addressing the relationship between the exercises. The findings revealed that participants had a mean age of 34, 79.3 percent were married. Television first, and then the conversation has been entered. First Exercise Favourite leisure activities and 60 percent of people between sport and leisure and the satisfaction of living and doing regular exercises, there is a significant relationship [30].

Sultani [30], in a study entitled "Physical activity in leisure-time employees of the city council of" following the results achieved by the majority of employees, their families, addressing priorities for recreation and relaxation as its first and second preferred. The research findings showed that the amount of sex workers to engage in sport and physical activity influence the duration of each session to address it is not. Most employees are also not addressing the root cause of not having enough time to exercise and physical activity have been reported [29].

Karimian [17] in his research, Patterns of barriers to participation in sport of Staffs in teaching hospitals of isfahan based on hierarchical model of leisure came to the conclusion that the hospital staff to increase participation in physical activity in leisure time, hospital administrators should be suitable for making culture and all staff involved in sporting activities, physical and mental health workers to improve their productivity and increase [17].

Result of Galileans and colleagues (2009), entitled "Survey of physical activity in women working at the University of Medical Sciences: the relationship between benefits, barriers, self-efficacy levels and stages of change" showed that over 65% of working women movement did not have enough, and only 8.7 % of women are daily and regular exercise [14].

Karimiyan et al, in their study, "city librarian recreation with emphasis on the role of physical education and its relationship to health" showed the highest activity in leisure-time librarian, watching TV, theater, the lowest it's going to and individual tasks. The highest priority problem causes employees to engage in sports, physical exhaustion due to work (29.8%) and the least expensive Sport (2.9 percent). Highest priority to the development of sport in offices, as required by the letter of the employee (32.7) was assigned. Heart disease - the most common vascular disorders population (73.1), respectively [17].

Rajou [26] in a research find out that exercise in the morning due to the weather Tmyzsbhghahy, the physical activity energy spend leisure time, the risk of depression for those who spend a week less energy is higher. Leisure time physical activity among parameters (intensity, duration and frequency), only the intensity physical activity is independently associated with reduced depressive symptoms [11].
Cautious about amount of physical activity of staff can help understanding the factors that can affect the planning and implementation of early intervention on physical activity and encouraging them to improve, so this research want to survey levels of physical activity in an effective and well-known organizations within the community such as universi. University staff, collection personnel are committed to the success and advance the goals of their physical health is important. If the University authorities are able to attract and maintain qualified and motivated human resources not to fulfill its responsibilities and duties of a problem is important. The importance of physical health and spiritual needs of the staff and a good work environment is an important step to enhance the performance of these organizations would be [26]. Of this study was to examine the physical activity levels of University staff is paid.

**MATERIALS AND METHODS**

University staff to assess the level of physical activity and a description of the methodology is applied.

**Population:**

The population was all employees in Department of Medical Science (Medical Science assistance) (Department of health researches (health assistance), Department of education (education assistance), Department of food & drug administration (food & drug assistance), office support, students’ affaires & Department of culture & treatment (culture & treatment assistance)) in Isfahan in 2012 & the number of them based on staffing unit information was 1347 persons. Doing a preliminary study on group of people was necessary to determine the variance, so selected randomly a 30 persons from population & then distributed questionnaires & after getting information by using Cochran formula obtain it for 350 persons, but just 323 of questionnaires was returned.

**The method of Sampling:**

Regarding that the numbers of Department (assistance) of Isfahan Medical Sciences were different so used stratified random sampling based on their workplace.

**Baecke Physical activity questionnaire:**

This questionnaire was made by Baecke in 1982 & it is included 16 questions with 5-selections answers & measures the physical activity in the three components; work, sport, leisure time. reliability & validity of this test was reported this relation & retested it again after three months among 20-32 ages people on three indexes (work, sport & leisure time) & found there correlation: 0.88, 0.81 & 0.74.

Pols (1995) calculated the relationship between initial test & retest after 5-11 months among 134 men & women 20-70 years old & he resulted that the correlation coefficient was 0.65 & 0.89.Voorips & his colleagues studied on relationship between initial test & retest after 20 days on 29 boys & girls 63-80 years old & the correlation coefficient was 0.89.

In this research, for measuring the reliability of questionnaire was obtained 0.76 by Cornbach Alpha after initial studying & determining variance of questions.

**Methods of data analysis:**In the present study, SPSS software version 19 (version 19, SPSS Inc, Chicago, IL), Data analysis in statistics, univariate t-test, test, Kalmaguruph - Smirnov test, Levin, Analysis of Variance (MANOVA) was used.

**Result:**

These findings were showed in table (1)-(2):

In the deductive analyzing for surveying on meaningful level was used t-test in α=0.05 level & because of that obtained mean in the level of physical activities (work, sport & leisure time) were lower than hypothesis mean & obtained “t” is higher than critical value table (1.97), so can be resulted that the employees don’t have proper situation in the physical activity levels; work, sport & leisure time Tabel (1).

| Table 1: The results of univariate t- test comparison the mean of level of physical activities of employees & hypothesis mean. |
|------------------|-------------|-----------|---------|------|--------|
|                             | Hypothesis mean | Mean  | SD      | T    | Meaningful level |
| Work                          | 3            | 2.10    | 1.07    | 15.21| 0.001             |
| Sport                         | 3            | 2.16    | 1.47    | 10.43| 0.001             |
| Leisure time                  | 3            | 2.22    | 1.34    | 10.52| 0.001             |

The mean levels of staff Falytdn University, in terms of demographic characteristics (gender, age, educational level, employment status, work experience, marital status) f observed in 0.05 p <significant differences based on gender, level of physical activity sports shows. While employees in other areas based on demographic variables are significant differences observed (Table 2).
Table 2: Summarizes the results of F (MANOVA) to compare the mean levels of staff in Physical Education University in terms of demographic characteristics (gender, age, educational level, employment status, work experience, marital status).

<table>
<thead>
<tr>
<th>Variable</th>
<th>Source</th>
<th>Sum of Square</th>
<th>Df</th>
<th>Mean of Square</th>
<th>F</th>
<th>Significant level</th>
</tr>
</thead>
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<tr>
<td>Sex</td>
<td>Levels of physical activity</td>
<td>0.38</td>
<td>1</td>
<td>0.38</td>
<td>0.32</td>
<td>0.57</td>
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<td>Levels of physical activity and exercise</td>
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<td>20.38</td>
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<td></td>
<td>Levels of leisure time physical activity</td>
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<td>0.36</td>
<td>0.19</td>
<td>0.66</td>
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<td>Age</td>
<td>Levels of physical activity</td>
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<td>2</td>
<td>0.27</td>
<td>0.24</td>
<td>0.78</td>
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<tr>
<td></td>
<td>Levels of physical activity and exercise</td>
<td>1.92</td>
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<td>0.45</td>
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<td>Levels of leisure time physical activity</td>
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<td>2</td>
<td>1.81</td>
<td>1.48</td>
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<td>0.16</td>
<td>0.08</td>
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<td>Levels of leisure time physical activity</td>
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<td>1</td>
<td>0.36</td>
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<td>Levels of physical activity and exercise</td>
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<td>Levels of leisure time physical activity</td>
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<td>0.82</td>
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<td>Years of Experience</td>
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<td>1.10</td>
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</tbody>
</table>

Discussion:

Results of measuring physical activity levels of employees in work, sport and leisure University showed that the level of activity was lower than the average staff levels and work activities, sports and leisure, they are inadequate. In other words, the working environment and how to perform tasks in such a way that the university staff is at a minimum and exercise proper carrying do not have. Unfortunately after locomotor activity in leisure time is also less staff than usual and devote little time to exercise and may not exercise. Therefore, the medical staff in good condition and not due to motor sports and the majority of them has no place in sports.

While many studies introduce exercise as a useful tool in health in the workplace, unfortunately the medical staff does not consider this and do not spend hours of their spare time to exercise and this can cause physical injuries in long time and subsequent psychological trauma caused to them. Therefore, it is necessary to encourage employees to exercise appropriate university administrators and campus conditions and provide opportunities for them to exercise.

The results of the present study was to investigate the Galileans and colleagues, as the condition of women in university, Karimyan [17], a set of patterns, barriers to participation in sports activities staff of teaching hospitals based on the hierarchical model Leisure sultan, as the amount of physical activity in leisure time municipal employees, Vrlvyn and colleagues, as levels of physical activity and sedentary time among boys and girls ages 10 to 12 years in 5 countries European Young et al, a relationship between physical activity and leisure time physical inactivity is compatible with depressive symptoms in older individuals. The study also reported that the situation was not very good levels of physical activity and exercise so important in your life, not [24,17,29,31,11].

Conclusions:

Exercise as a measure of health and prevention of disease and premature aging of the necessities of human life and all life must feel the need. Its duty organization to encourage people to sport because sport culture is not done in society, so organizations should have sport programs for staffs. When it comes to organization of physical education and sports talk sports facilities and equipment to prevent costly sports programs, as they are. The athletic program should be affordable and inclusive so that all employees should be able to exercise regularly. Short run and exercise for all employees in a particular workplace, including low-cost, comprehensive sports is considered.
REFERENCES


