



## **CONTRIBUTIONS OF SPORTS AND EXERCISE TO THE PROMOTION OF HEALTHY LIFE AND WELL-BEING OF KWASU STUDENTS**

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### **ABSTRACT**

Regular participation in physical exercise and sports constitute one of the major components of a healthy lifestyle along with healthy diets, tobacco free life and avoidance of other substances harmful to our health. The descriptive survey design was used for the study because the study investigated the contribution of sports and exercise to the promotion of healthy life and well being of kwasu students. The population for the study comprised the entire students that participates regularly in one sports/exercise or the other in all the six colleges. Simple random sampling technique was used to select three colleges for the study and proportion sampling technique was used to select 20% of the students from each of the three colleges and a total 116 students were used. Researcher questionnaire designed in a four point likert rating was used to gather data from the respondents and the three hypotheses formulated were analyzed with chi-square statistic at 0.05 level of confidence. The findings revealed a significant influence of

regular participation in exercise and sport in the promotion of healthy life and well-being, prevention and treatment of disease. Among the recommendations given include: the university management should improve the existing sports facilities and equipment and construct new ones to enhance students' mass participation in sport and exercise others

**Keywords:** contribution of sport and exercise, promotion of healthy life, well-being of kwasu students.

## Introduction

Physical exercise and healthy sports are very essential for our health and well-being. Appropriate physical exercise and sports for all constitute one of the major components of a healthy lifestyle, along with healthy diet, tobacco free life as well as avoidance of other substance harmful to health (World Health Report, 2002). Available experience and scientific evidence reveals that regular participation in appropriate and programmed exercise and sports provide people of all ages and conditions including persons with disability a wide range of physical, social and mental health benefits. It interact positively with strategies to improve diet, discourage the use of tobacco, alcohol and drugs, helps to reduce violence, enhances functional capacity and promotes social interaction and integration. Participation in physical exercise remain a strong means for prevention of disease and for nation's cost-effective methods to improve public health across the population (World Health Assembly, 2002).

There is no doubt that the public is becoming more aware of the importance of physical exercise and fitness programs. Most people believe that regular exercise is important to health and well-being but yet do not exercise at all. A large amount of the population are also aware of the benefits of regular physical activity in conjunction with a healthy lifestyle, but also that physical activity and low fitness levels are one of the main problems of worldwide health. However, there is still a high prevalence of sedentary habits (Kuietal 2006, Nieman, 1997) both in childhood and adolescence (Trost & Loprinzi, 2008). Olubayo, Ayodele and Olorunisola (2014) states that regular physical activity and exercise are critically significant for the health, fitness and well-being of the people. The authors however, mentioned three major ways in which regular physical activity and good fitness contributes to optimal health and wellness.

First, regular participation in physical exercise and sports can aid in disease and illness prevention for example, there is considerable evidence that the risk of hypokinetic conditions can be greatly reduced among people who do regular physical activity and achieve good physical fitness. Virtually all chronic disease that plagues the society is considered to be hypokinetic, though some are related to inactivity than others. Nearly three-quarters of all deaths among those of 18 years and others are as a result of chronic diseases. Physical activity is related to the health of the people. It directly reduces the risk for several major chronic diseases and stimulates positive changes with respect to other risk factors for these diseases. Physical activity may produce the shortcut for the control of the chronic diseases, much like immunization controlled infectious diseases.

Secondly, physical activity and fitness can be a significant contributor to disease or illness treatment. Even with the best disease-preventing practices, some people will become ill. Regular exercise and good fitness have been shown to be effective in alleviating symptoms and rehabilitation after illness for such hypokinetic conditions as diabetes, heart attack, back pain and others.

Finally, physical activity and fitness are methods of health and wellness promotion. They contribute to quality living associated with wellness, the positive component of good health. In these processes, they aided in meeting many of the nation's health goals for the 2010 and beyond.

Regular participation in physical activity is imperative for good health. Health benefits include decreased risks of chronic physical and mental conditions such as diabetes, cardiovascular disease and depression (US Department of Health & Human Services 2008; Lee, Shiroma, Lobelo, Piske, Blaire & Katzmarzyk 2012). Public health guidelines for adults stipulate a minimum level of 150 minutes of moderate intensity physical activities per week to achieve these health benefits (US Departments of Health and Human Services 2008). Activities of at least moderate intensity are often referred to as health- enhancing physical activity. Research suggests that 31% of the world's population is not meeting this minimum physical activity level for health benefits (Hallai, Andersen, Bull, Guthold, Haskelld & Ekelund 2012). This lack of regular physical activities cause 6-10% of the burden of disease worldwide and 9% of premature mortality. Ben (2016) affirmed that people who do regular physical activity can reduce their risk

of death, regardless of the cause. The author stated further that active people increase their life expectancy by two years compared to those who are inactive. Sedentary people experience a twenty percent (20%) to two-fold increase in early death compared to active people.

There are research documents on the benefits of regular physical activity for healthy life. For example, Allender, Hutchinson and foster (2008) opines that regular physical activity reduces the risk of hypertension, heart disease, diabetes and some types of cancers. In addition Ben (2016) revealed that engaging in regular physical activity improves psychosocial health and decreases stress. Regular physical activity is clearly effective in the secondary prevention of cardiovascular disease and effective in reducing the risk of premature death among men and women.

Reports shows that the world is witnessing a significant increase of the global burden of non-communicable diseases (NCD) such as cardiovascular diseases, cancer, diabetes and chronic respiratory disease. The increasing global epidemic of these diseases relates closely to respective changes in lifestyles mainly in tobacco use, physical inactivity and unhealthy diet. World Health Report (2002) highlights the significant contribution of these risk factors including physical inactivity to the overall burden of NCD worldwide. World health organization (WHO)(2002) estimates that mortality, morbidity and disability attributed to major NCDs, currently accounts for appropriately 60% of all deaths and 43% of the global burden of disease.

Erlichman, kerbey and James (2002)stated that regular physical activity ,active play and sports can be a practical means to achieving numerous healthy gains, either directly or indirectly through its positive impact on other major risks, in particular high blood pressure, high cholesterol, obesity, tobacco use and stress. The authors further stated that physical activity reduces the risk of cardiovascular disease, some cancer and type 2 diabetes. These benefits are mediated through a number of mechanisms: such as improving glucose metabolism reduces body fat and lowersblood pressure. Physical activity is also associated with lower risk of breast cancer which maybe the result of effects on hormonal metabolism. Participation in physical activity can improve musculoskeletal health, control body weight and symptoms of depression

Centers for Disease Control and Prevention (2000) affirmed that regular physical activity provide young people with substantial physical, mental and social health benefits. Regular

practices of physical activity helps children and young people to build and maintain healthy bones, muscles and joint, helps control body weights, helps reduce fat and develop efficient function of the heart and lungs. It also facilitates developing the skills of movement and help prevent and control the feeling of tension achievement, social interaction and integration as well as for leaning the spirit of solidity and fair play. The author further stated that involvement in properly guide physical activity and sports can also faster the adoption of other healthbehaviorincluding avoidance of tobacco, alcohol and drug use and violent behavior as well the adoption of healthy diet, adequate rest and better safety practices.

### **Statement of the problem**

There is public awareness of the importance of regular participation in physical activity and sports program. Most people believe that regular exercise improve the health and wellbeing of individual. A large amount of the population are aware of the benefit of regular physical activity in conjunction witha healthy life style, but yet do not exercise at all and there is a high prevalence of sedentary habit on both childhood and adolescence that has resulted into health problems such as obesity, arthritis, cardio-vascular diseases, high mortality and morbidity rate which prompted the researcher to conduct study on the contributions of sports and exercise to the promotion of healthy life and well-being of kwasu students.

### **Research hypotheses**

The following hypotheses were generated for the study:

HO1: There is no significant influence of participation in sports and physical activity on the Promotion of healthy life and well-being of kwasu students.

HO2: Regular participation in sports and physical activity would not have significant influence in preventing disease among kwasu students

HO3: Regular participation in sports and physical activity would not be a significant contributor to disease or illness treatment.

## Methodology

The research design used in this study is a descriptive survey type. The design is appropriate because it afford the respondents the opportunity to say their opinion about the contribution of sports and exercise to the promotion of healthy life and well-being of kwasu students. The target population for the study are students that participates regularly in one exercise or the other from all the six colleges in the university. Simple random sampling technique was used to select three colleges out of six existing colleges in the university for the study and proportion sampling technique was used to select 20% of students that participate regularly in sports and physical activity from the three colleges meant for the study. A total of 116 students were selected from the three colleges which comprised of 45 students from college of education out of 150, 30 students from college of agriculture out of 100 and 41 students from college of ICT out of 135 respectively. The researcher made use of structured questionnaire designed in a four point likert format to elicit information from the respondents. The instrument was validated by 2 experts in the department of Human kinetics and Health Education, Kwara State University, Malete. The reliability of the research instrument was established using a test-retest method by administering the instrument to 20 students within an interval of 2 weeks to students of the Department of physical and Health Education, Kwara State College of Education Oro. The two results obtained were correlated using Pearson Product Moment Correlation Coefficient with a coefficient result of 0.75 obtained and this was considered reliable for the study. The hypotheses formulated were tested using inferential statistic of chi-square( $X^2$ ) to find out the influence of regular participation in physical activities or exercise and sports on promotion of healthy life and well-being, prevention and treatment of diseases.

## Hypotheses testing

Table 1 – Demographic characteristics of the respondents

Variables	frequency	percentage
Colleges		
College of Education	45	38.8
College of Agriculture	30	25.9

sCollege of ICT                      41                      35.3

Total	116	100.0
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Gender

Male                      86                      74.1

Female                      30                      25.9

Total	116	100.0
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Level	Frequency	Percentage
100	15	12.9
200	40	34.5
300	36	31.0
400	25	21.6
Total	116	100.0

Table 2: chi – square analysis of the influence of regular participation in sports and physical activity on healthy life and well – being, prevention and treatment of diseases

HO	Cal.x <sup>2</sup>	Df	Table val	p- val	Decision
Regular participation in sports and physical activity and healthy life and well - being	36.243	15		.000	Sig

Regular participation in sports and physical activity and prevention of diseases	42.758	15		.002	Sig
Regular participation in sports and physical activity and treatment of diseases	24.362	15		.000	Sig

Table 2: show the  $X^2$  values of the influence of regular participation in sports and physical activity and healthy life and well – being, prevention of diseases and treatment of diseases. It was observed in the table that regular participation in sports and physical activity and healthy life and well – being yielded a cal  $\chi^2$  -Val. of 36.243, df=15,  $p<0.05$ , regular participation in sports and physical activity and prevention of diseases had a cal.  $X^2$ -val. of 42.758, df=15,  $p<0.05$  and regular participation in sport and physical activity and treatment of disease yielded a cal  $\chi$ -val. of 24.362, df=15,  $p<0.05$  respectively. It can be concluded that regular. Participation in sport and physical activity have significant influence on healthy life and well-being, prevention of diseases and treatment of some diseases at 0.05 level of significant.

## Discussion of Findings

The finding of this study revealed a significant influence of regular participation in sport and physical activity on healthy life and well-being of the people. This finding was supported by Olubayo , Ayodele and Olorunisola (2014) who stated that regular physical activity and exercise are critically significant for the health, fitness and well -being of the people. World Health Report (2002) affirmed that physical exercise and healthy sports are essential for our health and well-being of the people. The author further mentioned that appropriate physical exercise and sports for all constitute one of the major components of healthy lifestyle, along with healthy diets, tobacco free life and avoidance of the other substances harmful to health. Ben (2016)



revealed that engaging in regular physical activity improves psychosocial health and decreases stress of individual participants.

In additions, the finding which revealed a significant influence of regular participation in sports and physical activity in the prevention of diseases was inline with the opinion of Olubayo, Ayodele and Olorunisola (2014) who both stated that regular participation in physical exercise and sports can aid in disease and illness prevention e.g. there is considerable evidence that the risk of Hypokinetic conditions can be greatly reduced among people who do regular physical activity and achieve good physical fitness. Allender, Hutchinson and foster (2008) opines that regular physical activity reduces the risk of hypertension, heart disease, diabetes and some types of cancers. Regular participation in physical activity is imperative for good health which include decreased risks of chronic physical and mental conditions such as diabetes, cardiovascular disease and depression (US Department of health & Human services, 2008; Lee, Shiroma, Lobelo, Puska, Blair & Katzmarzyk, 2012). Participation in physical exercise is a strong means for prevention of diseases and for nations a cost-effective methods to improve public health across the population (World Health Assembly, 2002).

Finally, the finding of the study also revealed that regular participation in sports and physical activity or exercise has significant influence in the treatment of some diseases. This finding corroborate the finding of Olubayo, Ayodele and Olorunisola (2014) who affirmed that regular participation in physical activity and fitness can be a significant contributor to disease or illness treatment. The authors stated further that regular exercise and good fitness have been shown to be effective in alleviating symptoms and aiding rehabilitation after illness for such hypokinetic conditions as diabetes, heart attack, backpain and others. Ben (2016) also affirmed that people who do regular physical activity can reduce their risk of death regardless of the cause. The author stated further that active people increase their life expectancy by two years compared to those who are inactive.

## **Conclusion**

The following conclusions were drawn from this study:

1. Regular participation in sports and physical activity can promote healthy life and well-being of individual participants.

2. Regular participation in sports and physical activity can prevent diseases
3. Regular participation in sports and physical activity can help to treat some diseases.

## Recommendations

1. The University management should improve the sporting facilities by maintaining the existing ones and construct new ones to enhance mass participation of students in order to promote their healthy life and well being.
2. The Directorate of sports should conduct a sensitization program for all the students on the significance of regular participation in sports and exercise so that students will be motivated to live an active life.
3. The Directorate of sports should organize inter-departmental, and inter-college sports in all games so as to enhance mass participation of students in various games.
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