



EXERCISE AND FITNESS BEHAVIOR OF MARKET MEN AND WOMEN IN BADAGRY LGA, LAGOS STATE NIGERIA.

FEMI ADEOGUN [PHD] & TONY DANSU

Department of Physical and Health Education

Lagos State University, Ojo Lagos

ABSTRACT

Exercise has been widely reported as a sureroute to physical fitness and a significant contributor to good health status. This study delved into exercise and fitness behaviour of market men and women in Badagry Local Government Area of Lagos state Nigeria. 379 marketers of whom 137 [36.1%.] were males and 242 [63.9%] were females were selected from three major markets in the area of study using deliberate sampling technique. A self-constructed close-ended questionnaire [$r = 0.79$] served as the main instrument for data collection. Frequency, percentage, chi square and Pearson's product moment correlation coefficient were used for data analysis, and inferences were made at 0.05 level of Probability. Findings revealed that marketers were aware of the enormous benefits of exercise and sports, but do not create time to participate due to time consuming nature of their job; they were, however, willing to cultivate the habit of exercising if the time could permit and sports facilities are available nearby. Study also revealed a low correlation [$r = 0.121$] between fitness knowledge and Personal Best Practice [PBP] of the subjects.

INTRODUCTION

Health is commonly said to mean wealth, and if wealth could mean happiness, it is then essential for everybody to maintain an appreciable level of health. Exercise, however, has been

widely reported as a sure route to physical fitness and a significant contributor to good health status [O'Brien, 2005, Mayo Clinic Staff, 2004a&b, Adeogun, Setonji & Dansu; 2003; Okuneye, 2002; & Centers for Disease Control and Prevention - CDC, 1999]. According to CDC [1999], regular exercise that is performed in most days of the week reduces the risk of developing or dying from some of the leading causes of illness and death.

Reports [Doyle, 2005; Nutristrategy, 2004, & CDC, 1999] showed that regular exercise could improve individual's health in the following ways:

- reduces the risk of premature death;
- reduces the risk of developing and/or dying from heart disease;
- reduces high blood pressure or the risk of developing hypertension;
- reduces high cholesterol or the risk of developing high cholesterol;
- reduces the risk of developing colon cancer and breast cancer;
- reduces the risk of developing diabetes;
- reduces or maintain body weight or body fat;
- build and maintain healthy muscles, bones and joints; reduces depression and anxiety
- improves psychological well-being; and
- enhances work, recreation and sports performance

Given the numerous health benefits of exercise, and physical activity, the hazards of being inactive are clear; lack of exercise among people would be a serious nationwide problem. With this fact, O'Brien [2005] still found recently that some adults are afraid that exercise would be

too strenuous, or that physical activity could be harmful to them! To corroborate this, CDC [1999] reported that more than 60 percent of adults do not exercise regularly and 25 percent of them were not active at all. CDC also found that inactivity increases with age and is more common among women than men.

National centre for Health Statistics [2003] also reported that some recent studies that focused exclusively on leisure time activity showed that 70 percent of Americans were not regularly active during their leisure-time in 1997–1998. This kind of survey helps give a full picture of physical activity status of people in the communities.

However, in the opinion of Mayo Clinic Staff [2004], with 1,440 minutes each day, it shouldn't be that difficult to find 30 minutes for moderate exercise. But experience has shown that it can be difficult due to modern life that is fast paced among other factors. For many people, days are a blur of work, household chores and errands, time with family and friends, meetings, worships and of course sleep. Market men and women appear to be busy people. With all these, finding 30 minutes for exercise in a day can be a challenge.

Mindless of this fact, some people are still devoted to exercise. According to Mayo Clinic Staff [2004], even people with the busiest schedules can find room for fitness. The key to this is to make it as convenient as possible for one's particular lifestyle. This study was therefore designed to investigate the exercise and fitness behaviour of market men and women in Badagry Local Government Area of Lagos State, Nigeria.

The following hypotheses gave direction for the study

1. Market men and women would not be significantly aware of the health benefits of exercise
2. Market men and women would not be willing to cultivate significant habits of regular exercise.

3. There would be no significant relationship between exercise and fitness knowledge of the marketers, and their Personal Best Practice [PBP]

METHODOLOGY

Subjects

379 marketers, of whom 137 [36.1%] were males and 242 [63.9%] were females were selected from three major markets in the area of study using deliberate sampling techniques. The markets are:

- i. Agbalata Market, Badagry
- ii. Sangotedo Market, Ikoga-Zebbe; and
- iii. Ilogbo Market, Ilogbo-Eremi

The ages of the selected respondents were within the range of 23 to 55 years.

Instrument

The main instrument for data collection in this study was a self-developed questionnaire of Yes and No alternative responses. This was served to four Colleagues for the purpose of validity, and their corrections and suggestions were considered in the final draft of the instrument: the questionnaire was also subjected to test-retest method of reliability test and its result of Pearson's Moment Correlation Coefficient [PPMCC] was 0.79.

Procedure for Data Collection

The researchers and three trained research assistants visited the subjects in the selected markets for administration of questionnaire. Copies were served to them, and the researchers and their

assistants assisted those who needed assistance in responding to the items on the questionnaire. The administration took place on the various market days within one week. 15 [3.8%] of the 400 copies administered were not retrieved, while 6 [1.6%] of the 385 retrieved copies were not properly filled by the respondents; hence, were not used in this study.

Data Analysis

The data collected for the study were coded and analyzed using Simple Percentage, Chi Square and Pearson's Product Moment Correlation Coefficient [PPMCC]. Inferences were made at 0.05 level of probability.

Results

Table 1: Percentage and chi-square analysis of data on awareness of exercise benefits and willingness to exercise

Variables	Response	Yes [%]	No [%]	df	x ² -cri	x ² -cal
Awareness of health benefits of exercise	Fo	251.6 (66.4)	127.4 [33.6]	1	3.84	*40.70
	Fe	189.5 (50)	189.5 [50]			
Willingness to cultivate regular exercise habit	Fo	237.3 [62.6]	141.7 [37.4]	1	3.84	*24.12
	Fe	189.5 [50]	189.5 [50]			

* Significant at 0.05

The results presented in table one were used to test the hypotheses that market men and women would not be significantly aware of the health benefits of exercise, and that they would not be willing to cultivate significant habit of regular exercise. The table shows that 251.6 [66.4%] of 379 average responses of the respondents indicate that the market men and women in the area of study Were aware of the benefits of exercise and active living. Chi-square analysis of the data shows that the calculated value of 40.70 was greater than 3.84 critical value at 0.05 level of probability. This result indicates that the market men and women were significantly aware of the health benefits of exercise.

The table further shows that 237.3 [62.6%] of the 379 average response indicates that the market men and women were willing to regularly engage themselves in exercise for fitness and wellness. Chi-square analysis of the data shows that the calculated Chi-square of 24.12 was greater than 3.84 critical value at 0.05 level of probability. This result also indicates significance of a hypothesis, meaning that the market men and women were significantly willing to cultivate the habit of regular exercise.

Table 2: PPMCC Analysis of data on exercise and fitness knowledge and personal best practice [PBP] Variables

Variables	Σx	Σy	Σxy	df	r-cri	r-cal
Exercise and fitness knowledge and PBP	576	638	272488	378	0.2	**0.12

** Not significant at 0.05

The result presented in table two was used to test the hypothesis that there would be no significant relationship between exercise and fitness knowledge of the market men and women, and their Personal Best Practice [PBP]. The table shows that the calculated r-value of 0.12 was

less than the critical value of 0.20 at 0.05 level of probability. The hypothesis was accepted based on this result; meaning that there was no significant relationship between the marketers' knowledge of exercise and fitness and their Personal Best Practices.

DISCUSSION

Results in this study showed that the market men and women in the area of study were quite aware of the numerous benefits of exercise to health and wellness of individuals. They were also positive minded towards regular involvement in exercise and physical activities [see table one]. This finding is contrary to the report of O'Brien [2005] that many adults are afraid that exercise would be too strenuous for them and that engagement in physical activity could be harmful in them. Numerous researches have revealed that exercise can benefit everybody of all ages, even elderly ones that are frail [Doyle, 2005; Okuneye, 2002 & CDC, 1999].

Oral interview of some of the respondents revealed that though they were willing to participate in exercise regularly, but the time consuming nature of their business and lack of sports and fitness facilities around the markets were two of the major hindrances to their non-involvement in exercise. Mayo Clinic staff [2004c] held a similar observation that people whose job's nature gives little or no time find it extremely challenging to engage themselves in exercise. The clinic staff therefore suggested that such busy people need to make exercise convenient as much as possible and that professionals in the area of fitness should highly motivate such people to take up positive exercise behaviour.

Result in table two showed no significant correlation between exercise and knowledge of dike marketers and their Personal Best Practice [PB]. This result indicates relatively high level of knowledge about exercise and fitness but a low level of involvement in exercise and physical activities. This could be as a result of the hindrances revealed in this study, most especially the time consuming nature of their business.

This finding, however, is similar to the report of National Centre for Health Statistics [2003] that only three of ten [3/10] Americans were regularly active during their leisure-time in 1997–1998.

Okuneye [2002] also observed that physical activity and exercise behaviour of people have been tremendously altered due to modernization or development in the society. He further stated that the way many people spend their leisure particularly television viewing, which has become a major past-time, now a days reduced involvement in exercise and physical activity.

CONCLUSION AND RECOMMENDATIONS

It is concluded in this study that the marketmen and women in Badagry Local Government Area of Lagos State were aware of the benefits of exercise to health and wellness of individuals, and are willing to cultivate the habit of exercising regularly. but find it difficult to create the time due to time-consuming nature of their job. However, if time could permit them and sports/recreational facilities are made available close to the market places participation will be made easily and frequently.

Based on this, it is therefore recommended that:

- i. Individuals, corporate bodies and governments should make available various sports facilities in the communities and close to market places for people to use at little or not price, this could form part of the market structure.
- ii. Governments, as a matter of policy, should declare some hours of a day in every month [as it is for Environmental Sanitation hours in Nigeria] as Exercise and Fitness time. This will enable individuals to develop positive exercise and fitness culture and behaviour. In addition, efforts should be made to monitor the implementation and sustenance of the programme.
- iii. Further studies should delve into sex and age as correlates of exercise and fitness behaviours.

REFERENCES

- Adeogun, J.O., Setonji, N.A. & Dansu, A. [2003] Physical Fitness. A Significant factor in individual's health protection in D. Ogunsina [Ed] Matters Arising in Health Education. Lagos: Rehoboth Links. 103-117.
- Centre for Disease Control and Prevention CDC [1999] "A new vie of physical activityataglace," www.cdc.gov/nccdphp/sgr/ataglan.htm.
- Doyle, J.A. [2005] "The benefits of exercise," www.fit/benefits.html.
- Mayo Clinic Staff [2004:a] " Fitting in fitness: How to work exercise into your day."
- Mayo Clinic Staff [2004:b] "Your fitness program: Tips for staying motivated,"www.Mayoclinic.com/invoke.cfm?
- National Centre for Health Statistics [2003] "Physical activity among adults: United State, 2000 advance data," [http: / www. cdc gov/nchs/pressroom/03news/physicalactivity.htm](http://www.cdc.gov/nchs/pressroom/03news/physicalactivity.htm) [15 Feb. 2005].
- Nutristrategy [2004] "Health benefits ofexercises"www.nutristrategy.com/health.htm [15 Feb. 2005]
- O'Brien, S. [2005] "The benefits of exercise for seniors: it's never too late to improve yourhealth," www.seniorliving.about.com/b/a/137067.htm.
- Okuneye, R.O. [2002] Regular exercise in individuals' health. Nigerian Journal of Physical, Health Education and Recreation.2: 5-10.