

A Comparative Study on Leisure-Time Activities between Rural and Urban Middle Aged Sedentary House Wives

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Abstract: Modern Science helps to make our life-style more comfortable and easy. The urban people lead a high comfortable life-style with the help of scientific gadgets. The result of our life-style may be increased risk of coronary heart disease at younger ages. Obesity has become a menacing problem and persons who are overweight tends to have a poor self-image are disinterested in physical activity. Moreover it is somehow true that the rural people are more active and less prone to diseases and susceptibilities. Considering these aspects, the investigator tried to undertake a comparative study on leisure-time activities between rural and urban middle aged sedentary house wives. The activities which done in leisure-time that is called leisure-time activities. In present study leisure-time activities are – leisure-time physical activities, social recreational activities, creative recreational activities, family recreational activities, and leisure-time handicrafts activities. The purpose of the study was to find out the leisure-time activities of middle aged sedentary rural and urban house wives and by comparing the leisure-time activities between rural and urban house wives. It appears from the leisure-time activities that the urban subjects had more leisure-time. They participated mainly in recreational activities. On the other hand, rural subjects used to participate mainly in physical activities during leisure-time. It was observed that, urban house wives lead a comfortable life style than rural house wives. On the other hand, rural house wives had less leisure-time due to their household works.

Keywords: Leisure time activities, Rural, Urban, Sedentary.

I. Introduction

There were two groups of subject. First group consisted of 30 middle age sedentary house wives of urban area under Ward No. 19 of Kalyani Municipality and second group was of 30 middle aged sedentary house wives of rural area (Muratipur and Charbeer Para, under Kalyani Thana). Data relating to leisure-time activities were collected through a questionnaire specifically prepared for understanding of various aspects of activities of the subjects. The aspects were relating to leisure-time physical activities, social recreational activities, creative recreational activities, family recreational activities, recreational instrument expenses for recreation etc. Appropriate statistical treatments, i.e. Mean, SD and percentage were calculated.

II. Methods And Materials

Methodology is a process by which the programs are initiated and carried out. In this chapter the subjects, criteria measured and procedure for administering data collection for the study are described.

The Subjects

All the subjects of this study were selected from two different areas. There were two groups of subject. First group consisted of 30 middle age sedentary house wives of urban area under Ward No. 19 of Kalyani Municipality and second group was of 30 middle aged sedentary house wives of rural area (Muratipur and Charbeer Para, under Kalyani Thana).

Criteria Measured:

Age, Height and Weight are measured through standard procedure. Data relating to leisure-time activities were collected through a questionnaire specifically prepared for understanding of various aspects of activities of the subjects. The aspects were relating to leisure-time physical activities, social recreational activities, creative recreational activities, family recreational activities, recreational instrument expenses for recreation etc.

Construction Of Questionnaire:

The questionnaire prepared in consultation with medical expert, supervisor and on the basis of available literature. Leisure-time activities components were –leisure-time physical activities, social recreational activities, creative recreational activities

Procedure for Administering Data Collection:

All the subjects were gathered in a place. After proper instruction question was given to all of them. Then the respondent filled up the questionnaire.

III. Result And Discussion

Table No. 1 : Mean and SD of Age, Height and Weight of Two Settings

No. of Subject	Age (years)	Height (cm.)	Weight (kg.)
Rural (N = 30)	47.80 ± 3.78	147.13 ± 4.80	48.80 ± 7.28
Urban (N = 30)	48.73 ± 3.44	151.50 ± 5.81	60.27 ± 7.10

From Table – 1, we came to know about the personal data of the subjects. It appeared that the rural subjects have their Mean and SD age, height and weight as 47.80 ± 3.78, 147.13 ± 4.80 and 48.80 ± 7.28 respectively such as urban subjects have their Mean and SD age, height and weight were 48.73 ± 3.44, 151.50 ± 5.81 and 60.27 ± 7.10 respectively.

Leisure-time Activities

The relevant data related to leisure-time activities are presented below.

Table No. 2 : Percentages of Leisure-time Physical Activities of the Two Settings

No. of Female Respondent	Leisure-time Physical Activities with %
Rural Female (N – 30)	Walking – 53.33, Yoga – 3.33
Urban Female (N – 30)	Walking – 66.66, Yoga – 26.66

It appears from the Table No. 2 that 53.33 percent of rural house wives took part in walking and 3.33 percent in Yoga as an exercise. On the other hand 66.66 percent of urban female participated in walking and 26.66 percent in yoga as a exercise.

Table No. 3 : Percentages of Leisure-time Cultural Recreational Activities of the Two Settings

No. of Female Respondent	Active Recreational Activities with %	Passive Recreational Activities with %
Rural Female (N – 30)	Singing – 20 Book / Newspaper Reading – 13.33 Drama – 0	Listening Song – 16.66 Watching T. V. – 83.33 Watching Theatre – 0
Urban Female (N – 30)	Singing – 23.33 Book / Newspaper Reading – 86.66 Drama – 6.66	Listening Song – 53.33 Watching T. V. – 86.66 Watching Theatre – 16.66

It appears from the Table No. 3 that 20 percent rural sedentary house wives used to sing songs 13.33 percent use to read books or newspaper as a active recreational activity. It also appears 23.33 percent of urban house wives used to sing songs 86.66 percent used to read books or newspaper and 6.66 percent took part in drama as active recreational activities. Among rural house wives 16.66 percent were used to listen song, 83.33 percent were fond of watching television as a passive leisure-time cultural activity. On the other hand 53.33 percent of urban house wives were used to listen song, 86.66 percent were fond of watching television and 16.66 percent were fond of watching theatre as a passive recreational activity.

Table No. 4: Percentages of Leisure-time Creative Recreational Activities of Two Settings

No. of Female Respondent	Leisure-time Creative Recreational Activities
Rural House wives (N – 30)	Gardening – 3.33, Stitching – 13.33, Painting – 0
Urban House Wives (N – 30)	Gardening – 46.66, Stitching – 50, Painting – 3.33

It appears from Table No. 4 that 3.33 percent of rural sedentary house wives were fond of gardening, 13.33 percent used to stitch as a leisure-time creative recreation activities. It also appears from Table No. 4 that 46.66 percent of urban house wives were fond of gardening, 50 percent used to stitch and 3.33 percent used to paint as a leisure-time creative recreational activities.

Table No. 5: Percentages of Leisure-time Handicraft Activities from Two Settings

No. of Female Respondent	Leisure-time Handicraft Activities
Rural House wives (N – 30)	Stitch Katha – 53.33 Small Industrial Work – 20
Urban House Wives (N – 30)	Stitch Katha – 16.66 Small Industrial Work – 0

It appears from Table No. 5 that 53.33 percent of rural house wives were used to stitch katha and 20 percent were used to do small industrial work as leisure-time handicrafts activities. It also appears that 16.66 percent of urban house wives were used to stitch katha and no one was used to do small industrial work as leisure-time handicraft activities.

Table No. 6 : Percentages of Leisure-time Family Recreational Activities of Two Settings

No. of Female Respondent	Leisure-time Family Recreational Activities
Rural House wives (N – 30)	Picnic – 20, Visiting Mela – 83.33 Tour – 16.66, Attending Festival – 33.33
Urban House Wives (N – 30)	Picnic – 43.33, Visiting Mela – 63.33 Tour – 66.66, Attending Festival – 73.33

It appears from Table No. 6 that 20 percent of rural house wives used to take part in picnic, 83.33 percent used to visit Mela, 16.66 percent used to take part in tour and 33.33 percent used to attend festival as leisure-time family recreational activities.

It also appears that 43.33 percent of urban house wives used to take part in picnic, 63.33 percent used to visit Mela, 66.66 percent used to prefer tour and 73.33 percent used to attend festival as their leisure-time family recreational activities.

Table No. 7 : Percentages of Recreational Instrument of Two Settings

No. of Female Respondent	Recreational Instrument (%)
Rural House wives (N – 30)	Harmonium – 0, Tabla – 0
Urban House Wives (N – 30)	Harmonium – 40, Tabla – 26.66

It appears from Table No. 7 that 40 percent of urban house wives had harmonium and 26.66 percent of urban house wives had Tabla as recreational instrument in their family.

Table No. 8 : Percentages of Yearly Expenses for Recreation of the Two Settings

Yearly Expenses for Recreation	Subjects	
	Rural (%)	Urban (%)
Below Rs. 2000/-	63.33	6.66
Rs. 2000/- – 4000/-	36.66	20
Rs. 4000/- – 6000/-	0	43.33
Rs. 6000/- – 8,000/-	0	6.66
Rs. 8000/- – 10000/-	0	23.33

It appears from table no.8 that, yearly expenses of 63.33 percent of the rural subjects were below Rs. 2000/- and 36.66 percent were Rs. 2000/- – 4000/- for recreational activities. It also appears that yearly expenses of 6.66 percent of the urban subject were below Rs. 2000/-, 20 percent were Rs. 2000/- – 4000/-, 43.33 percent were Rs. 4000/- – 6000/-, 6.66 percent were Rs. 6000/- – 8000/- and 23.33 percent were Rs. 8000/- – 10000/- for their recreational activities.

Discussion on Leisure-Time Activities

It appears from the leisure-time activities that the urban subjects had more leisure-time. They participated mainly in recreational activities. On the other hand, rural subjects used to participate mainly in physical activities during leisure-time. It was observed that, urban house wives lead a comfortable life style than rural house wives. On the other hand, rural house wives had less leisure-time due to their household works.

Wilcox, Castro, King, Housemann and Brownson (2000) observed that rural

Women, especially southern and less educated women, were more sedentary than urban women. Rural women reported more personal barriers to leisure-time physical activities, cited caregiving duties as their top barriers (compared with lack of time for urban women) and had greater body mass indices.

IV. Conclusion

The present study has its own limitations. However, within these limitations following specific conclusion may be drawn.

On Personal Data

- A) **Age:** Mean age of the urban middle aged sedentary house wives was higher than the rural house wives.
- B) **Height:** Height of the urban subjects was higher than the rural group.
- C) **Weight:** Weight of the urban subjects was higher than the rural group.

On Leisure-time Activities

A) Leisure-time Physical Activities :

Rural house wives made more leisure-time physical activity than urban house wives.

B) Leisure-time Cultural Activities

Urban house wives made more leisure time cultural activities than rural house wives.

C) Leisure-time Creative Activities Rural house wives made more leisure-time physical activity than urban house wives.

D) Leisure-time Handicraft Activities

Rural house wives made more leisure-time handicraft activity than urban house wives.

E) Leisure-time Family Recreational Activities

Urban house wives made more leisure time family recreation activities than rural house wives.

F) Recreational Instrument

Urban house wives had more recreational instrument than rural house wives.

G) Expenses for Recreation The urban house wives used to pay more expenses for recreation than rural house wives.

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