AWARENESS OF HEALTH PROMOTION THROUGH PHYSICAL EXERCISES AMONG UNDERGRADUATE STUDENTS IN TERTIARY INSTITUTIONS, EKITI STATE, NIGERIA

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Abstract
The study investigated the awareness of health promotion through physical exercises among undergraduate students in tertiary institutions, Ekiti State, Nigeria. Seven hundred and twenty respondents were used for the study from the selected tertiary institutions using accidental sampling technique to represent the sampled population. Such tertiary institutions were NCE, polytechnic, and university. Validated self-structured questionnaire with a reliability coefficient of 0.86 was used for the study. The structured questionnaire was designed on a 4 point Likert type format. The data collected were subjected to statistical computation using simple percentage, chi-square and t-test analyses at 0.05 alpha level of significance. The findings showed that the students were aware of the positive effects of physical exercise on health promotion of individuals, promotes social well-being, happiness and emotional well-being but were not aware that physical exercise can help the body to resist diseases/and illness. Majority of the respondents did not engage in physical exercises. Based on the findings, there is the need for the management of tertiary institutions to introduce physical fitness education as compulsory elective course in the curriculum.

Keywords: Awareness, Physical exercise, Health promotion, Undergraduate students, Tertiary Institutions

Introduction

The part of physical exercise in health promotion cannot be disputed as it has worth on individuals' health and fitness. Health of the people do not only contribute to better quality of lives but very essential for the continued economic and social development of a country and particularly globally in general. Regular exercise has been seen to improve health, free from diseases, living a positive life, promote physical appearance and mental competence and alertness. The health benefits of exercise can be attained through regular and moderate exercise cum health promotion. The authors further enumerated various ways regular physical activities can help prevent chronic diseases that can affect both longevity and quality of life. Such diseases are risk of cardiovascular diseases, stroke, hypertension, colon cancer, dementia, and obesity. University health programmes could help individual seek the optimal stages of physical fitness and wellness (Department of Physical and Health Education, Delta State University, Abraka, 2011). Lack of exercise among people would certainly be a severe problem generally

(Olubayo-Fatiregun, Olorunsola, Ayodele, and Aderonmu 2010).

Human being survival can be influenced by the ability to regularly participate in sustainable physical exercises to make them physically fit. The habits of maintaining a healthy lifestyle comprise regular exercise and nutritious diet, when sedentary lifestyles escalate the causes of various diseases (WHO 2002). Eating of good and balanced foods can aid exercise participation. These balanced foods include fruits, whole grains, vegetables, proteins foods like beans, carbohydrates (Dana, 2019). In a study conducted by Hebat-Allah, Maha, and Waleed (2020), it was reported that many of the respondents who were obese and overweight never engaged in physical exercise.

Nurses are primarily committed to health promotion by working towards diseases prevention and to adjust the individuals' negative behaviours to positive healthy behaviours. Nurses are in optimum situation by playing convincing role in stimulating public health. (Kemppainen, Tossavainen and Turunen 2013). According to World Health Organization (2021), globally, the vital cause of obesity and over-weight is an energy alteration between calories consumed and calories used, which could result to threat to life of various degrees ranging from diseases such as obesity, heart attack, high blood pressure, heart failure, and even death. Regular exercise helps to avoid diseases and will also help to increases individual endurance to work and events done, this could also help individuals to be able to deal with stress, also have a sound sleep and a sense of positive well-being (Elmagd 2016).

Niels, Eco, Toos, Dorret, and Meike (2010) reported that Regular exercise can be a key contributor to good health while sedimentary lifestyle is when one keeps himself/herself idle and not able to engage in any activities that can keep the keep the body and soul together. Therefore, sedentary life is the main cause of increase in obesity starting from younger age and possess as health threat to old age in our today's society as health threat. Regular physical activity is proven to help prevent and maintain healthy body weight which can be as a result of sedentary life. Therefore, exercises can improve mental health and good wellbeing of individual (WHO 2020). According to Daniels (2021), exercise has both physical and mental health benefits. Physical exercises help individual to be for physically fit. This can help the body to be competence of the carrying the body for daily tasks with strength and readiness without unwarranted tiredness.

Average exercise done by individual ranging from improving the control of blood glucose, improve mental health, build and strengthen muscles. Increases chance of having a longer life span, maintain moderate weight, improves brain function, it also improves cardiovascular health. In a study conducted by Sas-Nowosielski and Nowicka (2018), it was revealed that exercise has a lot to give individuals such as human happiness, positive mood, decreased anxiety, depression and elevated level of self-esteem. Favorable outcomes of engaging in physical exercise help to increase positively the mental and emotional wellness of human beings (Reed 2021). Facilities and equipment offer avenue for people to participate in physical activity and should also provide for the decrease in injuries during use (Gray, Keyzer, Norton, and Dietrich 2014).

Exercise is seen to be very vital for a hale and hearty life and that one should be enthusiastic to protect his/her health to achieve a good health promotion. According to Cunningham and Sullivan (2021), healthcare experts have a key role to play in promoting physical activity mostly among population of poor health due to physical sedentariness. In a study conducted by

Cunningham and Sullivan (2021), it was revealed that 347 (70.3%) of the respondents agreed that working or keeping fit the body for physical fitness is their occupation. A total of 81.6% respondents agreed that healthcare experts can play a rise role in inspiring physical fitness, while 30.0% agreed that they received suitable training on physical ability.

Regular exercise can aid food strength in the body through the digestive system and the general health and quality of life of an individual can be improved (Pietrangelo, 2019). In a study conducted by Cunningham and Sullivan (2021), it was revealed that not many of the respondents were aware of the objectives of national guidelines for physical fitness. Regular exercise can aid food intake through the digestive system and increase the general health and quality of life of individuals (Pietrangelo, 2019).

Based on the background, the study investigated students' awareness in health promotion, and, also determined the extent of students' engagement in physical exercises.

Research Question

1. To what extent do students engaged in physical exercises?

Hypotheses

1. Students will not significantly aware that physical exercise can have positive influence on health promotion of individuals.
2. Students will not significantly aware that physical exercise can help the body to eliminate diseases/illness in individuals
3. Students will not be significantly aware that physical exercise can promotes social wellbeing of individuals.
4. Students will not significantly aware that physical exercise can promote human happiness and emotional wellbeing of individuals.
5. There is no significant difference between male and female students in the physical exercise engagement.

Methodology

Research Design

The descriptive survey research design was adopted for the study. This will enable information to be obtained from a representative sample of the population, describe situations as they exist, and to also express their opinion as it is.

Sample Population

The population for the study consisted of 720 undergraduate students from National Certificate of Education (NCE), Polytechnics, and Universities in Ekiti State, Nigeria. A total of 120 males and 80 females from NCE, one hundred and forty males and 120 females were selected also selected from polytechnics, while 140 male respondents and 120 female respondents were further selected from the university using accidental sampling for all the respondents selected. The total of 400 (55.6%) male and 360 (44.4%) female undergraduate students participated in this study.

Research Instrument

A self –developed questionnaire tagged (**HPPEQ**) was used to collect data for the study. The questionnaire was divided into two sections. Section A contained items on personal data of the respondents, and section B contained questions that provided information on health promotion and physical exercises. The questions were based on a four point. Likert scale of strongly agree (4), agree (3), disagree (3) and strongly disagree (1). Likewise, always (4),

sometimes (3), rarely (2), and never (1) and rated as seen here. A reliability co-efficient of 0.86 was recorded on the instrument when it was pre-tested using the test retest for reliability using Pearson Product moment Correlation Coefficient method. The value obtained was deemed fit for the study. The data collected were analyzed using simple percentages, Chi-square (x^2) and t-test analyses to test the hypotheses.

Research question 1: To what extent do students engaged in physical exercises?

Table1: Percentage distribution of respondents engaged in physical exercises.

Responses	Always		Sometimes		Rarely		Never		Total
	M	F	M	F	M	F	M	F	
Number	26	18	40	36	66	50	268	216	720
Percentage	3.6	2.5	5.6	5.0	9.2	6.9	32.5	34.7	100

Table 1 showed that a total of 44 (6.1%) respondents agreed that they always engaged in physical exercises, 76 (10.6%) respondents agreed that they sometimes engaged in physical exercises, 116 (16.1%) respondents agreed that they rarely engaged in physical exercises, while a total of 484 (67.2%) respondents agreed that they never engaged in physical exercises. The above statement might be that the respondents were not knowledgeable about the benefits of physical exercise to the body or that they decided not to participate in physical exercise workout.

Hypotheses Testing

Hypothesis 1: Students will not significantly aware that physical exercise can have positive influence on health promotion of individuals.

Table 2: Chi-square analysis on awareness of respondents' on the positive influence of physical exercise in health promotion

Responses	Frequency	%	x^2 Cal	x^2Tab	df	Remark
SA.	324	45	226.42	7.82	3	Significant
A	224	31.1				
D	112	15.6				
SD	60	8.3				

x^2 =226.42, critical value = 7.82; df 3; p<0.05.

Table 2 showed that 558 (76.1%) respondents were adequately aware of the positive influence of physical exercise on health promotion while the remaining 172 (23.9) respondents were not aware. In order to test if the differences observed were statistically significant the data were subjected to Chi-square analysis. The calculated x^2cal value 226.42 was found to be greater than x^2tab=7.82 with df=3 at 0.05 level of significance. Thus, the hypothesis which stated students will not significantly aware that physical exercise can have positive influence on health promotion of individuals was rejected. Thus, students were aware of the positive influence of physical exercise on health promotion of individuals.

Hypothesis 2: Students will not significantly aware that physical exercise can help the body to eliminate diseases/illness in individuals.

Table 3: Chi-square analysis showing the awareness of respondents on physical exercise and elimination of diseases/illness

Responses	Frequency	%	x^2Cal	x^2Tab	df	Remark
SA.	64	8.9	5.138	7.82	3	Not Significant
A	84	11.7				
D	288	40				
SD	284	39.4				

x^2 = 5.138; critical t value = 7.82, df 3; p>0.05;

Table 3 showed that when the hypothesis was subjected to Chi-square analysis, it was found that the calculated value of x^2Cal = 5.138 was lesser than x^2Tab 7.82, degree of freedom=3 at 0.05 level of significance. The hypothesis was not rejected. Therefore, students were not significantly aware that physical exercise can help the body to resist diseases/illness in individuals.

Hypothesis 3: Students will not significantly aware that physical exercise promotes social being of individuals.

Table 4: Chi-square and percentage distribution on awareness of respondents that physical exercises can promote social wellbeing of individuals

Responses	Frequency	%	x^2 Cal	x^2Tab	df	Remark
SA.	324	45	136.74	7.82	3	Significant
A	224	31.1				
D	112	15.6				
SD	60	8.3				

x^2 Cal = 136.74, critical t-value = 7.8 ; df 3; p<0.05;

Table 4 showed the respondents awareness of how physical exercises can promote social wellbeing of individuals. In order to test for statistics significance, the data were subjected to Chi-square analysis with the calculated value of x^2Cal = 136.74, critical value = 7.82; degree of freedom 3 at 0.05 level of significance. Thus, the hypothesis was rejected. Therefore, the students were aware that physical exercise can help the body to resist diseases/illness in individuals.

Hypothesis 4: Students will not significantly aware of that physical exercise can promote happiness and emotional wellbeing of individuals.

Table 5: Chi-square and percentage distribution on awareness of respondents that physical exercise can promote happiness and emotional wellbeing of individuals

Responses	Frequency	%	x^2Cal	x^2Tab	df	Remark
SA.	314	43.6	124.16	7.82	3	Significant
A	216	30.0				
D	120	16.7				
SD	70	9.7				

x^2Cal=124.16; critical t-value = 7.82, df 3; p<0.05;

Table 5 showed the awareness of physical exercise on promotion of human happiness and emotional well beings of an individual. In order to test for significance,

the data were subjected to Chi-square analysis, with the calculated x^2Cal value=124.16, t-value = 7.82; df =3 at 0.05 level of significance. The finding shows that the students were aware that physical exercise can promote happiness and emotional wellbeing of individuals. Thus, the hypothesis was rejected.

Hypothesis 5: There is no significant difference between male and female students in the physical exercise engagement.

Table 6: t-test analysis of significant difference in the physical exercise engagement between male and female students

Variable	N	Mean	std	df	t-cal	t-critic	Decision
Male	400	13.441	2.345	64	1.121	1.352	Not Significant
Female	320	12.211	1.313				

P>0.05

Table 6 above indicated the significant difference between male and female students in the physical exercise engagement. In order to test the significant difference between male and female students in the physical exercise engagement, the hypothesis was subjected to t-test analysis, t-cal value=1.121, t-critic=1.352, df=64, P>0.05). It was observed that the t-cal of 1.12 was lesser than t-critic=1.352 indicating that the hypothesis was not rejected. Therefore, there is no significant difference between male and female students in the physical exercise engagement.

Discussion

The finding revealed that more than half of the respondents did not engage in physical exercises. This negates the result of the study conducted by Cunningham and Sullivan (2021), who revealed that majority of the respondents participated in physical exercises.

One of the findings revealed that students were aware of the positive influence of physical exercise on health promotion of individuals. This finding is in line with the study of Daniels (2021), who reported that participation in exercises increases chances of having a longer life span, maintain moderate weight, improves brain function, also cardiovascular health.

Another key finding revealed that students were aware that physical exercises can promote human happiness and emotional wellbeing of individuals. This is in line with the studies conducted by Sas-Nowosielski and Nowicka (2018), who asserted that physical exercises enhance human happiness, positive mood, decreased anxiety, depression and elevated level of self-esteem. In the same vein, Reed (2021) reported the favorable outcomes of engaging in physical exercises which help to increase positively the mental and emotional wellness of human beings.

Conclusion

Based on the findings of the study, the following conclusions are made:

Majority of the students of Tertiary Institutions were aware that physical exercises have positive influence on health promotion, promote social, and also promote happiness and emotional well-being. But the respondents were not aware about the benefits of physical exercises to resist disease/s and illnesses. Majority of the male

and female respondents indicated that they did not engage in physical exercises.

Recommendations

It was recommended that the managements of tertiary institutions in Ekiti State should create awareness on how the students will be enlightened on the importance and benefits of physical exercises and the attainment of health benefits. This can make them engage in physical exercises so as to be healthy and physically fit. The enlightenment could be done through seminar and health talks on both print and electronic media. There is the need to encourage students to engage in physical exercises as planned and supervised by the institutions for effectiveness. There is also the need to introduce physical education practical classes as compulsory course for all students in tertiary institutions.

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