

# IDENTIFICATION OF PREDISPOSING FACTORS AND INTEREST FROM ADULTS TO EXERCISE

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**Abstract:** *This paper presented the first of a trilogy that aims to identification and verification that the generation seen in the light of the relationship between movement and body mass index. Although cities are not prepared to make available to residents, sports facilities, run or bike trails through parks, there is a desire to practice exercise, manifested by adults not involved in sports. The spread of obesity in the developed world, has become a serious problem seeking equally and solve cases. Using the questionnaire opened a research of the actual situation, identifies the best means of intervention to reduce obesity and its occurrence. We intend to present the results collected and processed statistically to represent a real basis for devising a common strategy together with our partners through which to attract adults to go with friends and or family.*

**Key words:** *free time, obesity prevention.*

## 1. Introduction

Obesity is a result of the imbalance between needs, food energy intake and energy expenditure. When energy consumption is reduced and / or increase dietary intake is excessive fat deposits and is a change in weight by increasing body mass index. Knowing the risk factors and / or causative of obesity, to prevent excessive accumulation of fat, it is an important task for specialists in the field. Some factors can be modified by adopting a healthy lifestyle and other factors can not be influenced (e.g. genetic factor). The etiology of obesity is multifactorial, its appearance is influenced by genetic, social, economic, environmental or cultural. Overweight and obesity are major health

hazards in the WHO European Region. Both diet patterns and physical activity levels have been widely recognized as the main contributors to the development of overweight/obesity. Over the past few years evidence has been piling up that sedentary behavior, defined as a distinct behavior from physical activity, is also positively associated to overweight/obesity [8]

We all agree that there is a close relationship between physical activity and health, yet the data collected shows that too many children do not have enough physical activity and the lowest percentage was registered among adolescents. Clear global recommendations to promote physical activity have been defined: adults should accumulate at least 30 minutes per

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day and children and adolescents at least 60 minutes per day of physical activity [10]. The family has an important role along with physical education teacher in educating children for movement outdoor decisive period is between 6 and 11 years old. The survey responses provided in the questionnaires show a heterogeneous population in urban areas, in terms of leisure organization and ways of practicing physical exercises with children.

Another school based survey conducted in seven European countries found that screen activities were high in all countries with children spending on average more than 2 hours/day in TV and computer activities [4]. This changing situation of behavior, require new intervention techniques but also adapted and review the multiple facets of measurement methods Over the years many have interpreted sedentary behavior simply as a lack of physical activity or not meeting the recommended levels of physical activity. However most of the current sedentary behavior research efforts reject this position and prefers to refer to this behavior as a pattern where sitting or lying is the dominant mode of posture and energy, usually with a metabolic energy expenditure of 1.5 MET or less.[9]. Therefore the objective of this paper is to identify problems that prevent adults get moving, establish priorities and thus can be designed a program where children have more physical activities in an organized but outside school hours. Recent data from a cross-national school-based survey from the World Health Organization including 35 European countries showed that 56 % of the 11 years old and 63% of the 15 years old watch television for two or more hours on weekdays. Gender differences and differences associated with family affluence tended to be modest. The highest prevalence was observed in Slovakia and lowest in Switzerland [5]. As illustrated by

Fig. 1 for almost all WHO regions the frequencies of sedentary behavior exceed the levels of inactivity. A study by Bauman and colleagues collected sitting time data from 20 countries and found that sitting time varied widely across countries, with a median reported sitting time of 300 minutes per day. Longer sitting times were found for middle-aged adults (40-65 years old) than for young adult -18-39 years old. [2]. There are however also studies that show a less clear or no relationship between gaining weight and sedentary behavior. Barnett et al. examined a cohort of 744, 12-13 years old and found that the majority of this group has a pattern of 25-30 hours of screen time per week. When linking this to increased body fat, the results do not suggest a clear relation between increase percent body fat if screen use increases over time [1]

## 2. Work Methods

This study is based on a questionnaire has 13 questions. The purpose of this study was to identify factors favoring and interest from adults to exercise. The answers to the questions of the questionnaire provides information on the options you have adults on sports disciplines desired leisure time, but also about ways of practicing the movement, the factors favoring or psychological barriers or otherwise for those who want to exercise.

This questionnaire was applied to a total of 271 adults. Age participants in this survey is between 27 and 43 years. Most participants in this study are parents and have children between 7 and 16 years old. Presentation and analysis of body mass index values and the parallel study gathered from adults and their children will be presented in the following work, this one is the first of three proposed.

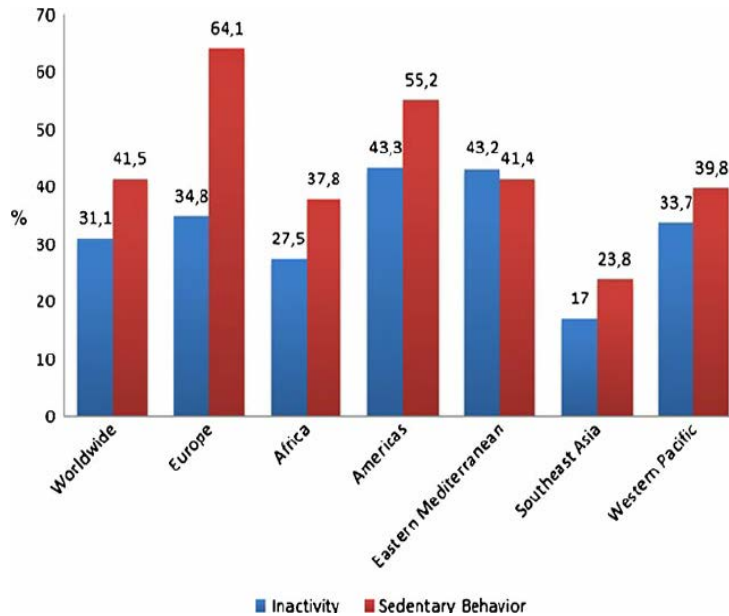


Fig. 1. Comparison between physical inactivity and sedentary behavior patterns of adults by WHO region.

Inactivity is defined as not meeting any of the criteria: 30 minutes of MVPA on at least 5 days per week; 20 min of vigorous intensity physical activity on at least 3 days every week; or an equivalent combination achieving 600 MET minutes per week. Sedentary behavior is defined as spending 4 or more hours per day sitting [6].

### 3. The Results of the Research

By completing this questionnaire we wanted to find out which subjects are interested by exercises and what are the factors favoring or those who obstruct the access to the exercise. Participants in this study were instructed by team members and have access to equal time. I watched every time that the conditions in which the questionnaire was applied will be similar. Results of the first questions in the

questionnaire - What sports or physical activities practice during your free time provided the following answers: 30% of respondents are football practice, 35% said that free movement is performed during pedaling a bicycle and only 10% are moving running. We understand that networking is facilitated in small groups with satisfaction in achieving victory but also the direct confrontation sports and positioning the city offers good trails for bicycles.

Question number 2 - if there are other disciplines who wish to practice in your free time? -Swimming is the sport that is most desired by those surveyed. A percentage of 57% opted for this form of exercise, and the argument is related to the recovery and relaxation in most of the cases. The second option is tennis with a percentage of 12%, none of the subjects did not get a percentage close to that

obtained court, which is below 10%. In the next question- In witch type of environment do you have exercise in your free time? - Most study participants opted for outdoor activities with a percentage of 62% and for activities in the hall opted for 28% [3]. Question number 4 -How does practice exercise? shows that most adults practice exercise without guidance, this is obviously a contributing factor and only 30% are practicing under the guidance of a specialist in movement organized framework. To question 5 – What kind of exercises do you prefer? - Only 38% are practicing team sports (football, basketball), the remaining participants in the survey said they practice moving individually or independently within a group (jogging, bike rides, hiking) represents a percentage of 62%. The fact that inactive people seem to be embedded in inactive personal networks may lead to the consequences that they have, on average, fewer opportunities and role models and less social support to achieve the minimum recommended levels of physical activities [7]. Question no 6 - What is the rationale for that practice movement? – They have to choose from seven asks and participants had selected choice and minimum two options a maximum of four. Most have selected three variants. This question is an important one in getting a complete and correct picture of the interrelation adults with physical exercise. A percentage of 47% is represented by those who want to have a state of better overall health by practicing sports or movement during their free time. Second in correlation with overall health is the concern related to weight control. This option, is present in 36%. A third option is 8%, and is present equally in both sexes.

The answers to question No. 7 shows us in what period the adults are attracted to the movement, finding its motivation and optimal conditions. In what season you go most often? - Spring season is most favorable movement, he having an 54% among adults and only 22% of adults prefer autumn. The two variants accounting for 76%. So we correlate the question 6 with 7 to find that the intention to control weight and concern on this issue are more obvious spring before summer. Question No. 8 shows the number of training sessions for adults every month - How many times per month do you have exercises? 67% are in motion 3-5 times per month. To see what is the context in which adults are moving, 63% do activities alone and 17% with family. Average time for each session moving subject. The highest correlation was found between the respondents and their first-named alters, the majority of whom were their life partners. On the other hand, associations were stronger for friends than for family members, consistent with previous findings (8). Question number 10 - What is the average period of time that you exercise ?- A 18% are involved in the movement for 20 minutes, 28% more than an hour and 54% are moving for 45 minutes. In preparation for the next job I asked adults participating in this study – Do you know what is Body Mass Index? - 94% confirmed that they don't know the meaning of this parameter and they can not correlate this index with no question asked previously. Question number 12 - If you receive an invitation for enrollment in a physical activity program for adults, organized and coordinated by a group of specialists, do you want to participate for free? - A significant percentage of adults interested and may involve in a physical activities program organized and

coordinated by a group of specialists, thus showing that if there is an organized, a guidance and a minimum material base adults are eager to make moving in rate of 81%. Perhaps the most useful question of this questionnaire is the last - on which ground did not practice physical exercises or sports leisure time? - Lack of motivation is the most common reason in 61%. Lack locations and an optimum environment for safe movement has a percentage of 28% and the reaction on uncivilized society, a rate of 5%. We believe that application of this questionnaire helped form one real picture of the complex links between environment-society-local governments.

#### 4. Conclusions

This study is based on questionnaires show adult behavior in relation to physical activity during leisure and personal connection with their networks and interacting with other individual factors. To achieve a sustained program of physical activity and effective personal networks and relationships within the family should be considered. These complex issues are more important for adults who are not involved in sports movements (competition /clubs). Design a program of physical activities that both adults and their children to little part in training sessions can bring participants closer to the goals of each, by supporting the physical and psychological effort by specialists involved but also advice on the use of leisure time efficiently. Future interventions or initiatives of local governments can contribute to the formation of a joint materials useful and accessible to all citizens of the local community.

The complex relationship between family and physical activity is favored by many factors mentioned above in access to specialized information provided in an

organized are most desired by adults. In the following work we intend to correlate body mass index at harvesting adult to children and their way of life.

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