



A Study on Perception of people towards Health and Fitness in Physicon 360 Fitness Hub

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ABSTRACT

Health is the biggest wealth of people in today's world. To study the perception of people towards health and Fitness of Surat Region. A gym - physical exercises and activities performed inside, often using equipment, especially when done as a subject at school. The gymnasium is a large room with equipment for exercising the body and increasing strength or a club where you can go to exercise and keep fit.

The fitness level of people and perception of people towards health and fitness is checked on various parameters in this research. A total of 100 client's data were studied by organized questionnaires. The data were analysed using SPSS software. A Likert type scale was used to evaluate answers erratic from strongly agree to strongly disagree. Validity 7 reliability test were applied to conform the suitability of data & authenticity of responses. Non-Parametric test were used such as Mann- Whitney U tests. The article aims to provide more awareness about Health & Fitness.

Introduction

Physicon 360 Fitness Hub

Established in the year 2016, Physicon 360 Fitness Hub. In Kamrej ,Suratin a top player in the category Gyms in the Surat. This well-known establishment acts as a one-stop destination servicing customers both local and from other parts of Surat. Over the course of its journey, this business has established a firm foothold in its industry. The belief that customer satisfaction is as important as their products and services has helped this establishment garner a vast base of customers, which continues to grow by the day.

A gym - physical exercises and activities performed inside, often using equipment, especially when done as a subject at school. The gymnasium is a large room with equipment for exercising the body and increasing strength or a club where you can go to exercise and keep fit. A gym is a gymnasium, also known as a health club and fitness center. Gymnasiums have moved away just being a location for gymnastics. Where they had gymnastics apparatus such as barbells, parallel bars, jumping boards, and running paths, etc.

Vision

“To enhance the quality of life in the communities”

Mission

To provide an Entertaining, Educational, Friendly and Inviting, Functional, and Innovative experience of uncompromising quality that meets the health and fitness needs of the entire family.

In order to make the study more meaningful, the literature has been studied. The few of them have been presented in the present study:

Literature Review

Karl Rosengren (2013) did a Review of the Effects of Physical Activity and Exercise on Cognitive and Brain Functions in Older Adults. Studies supporting the notion that physical activity and exercise can help alleviate the negative impact of age on the body and the mind abound. This literature review provides an overview of important findings in this fast-growing research domain. Results from cross-sectional, longitudinal, and intervention studies with healthy older adults, frail patients, and persons suffering from mild cognitive impairment and dementia are reviewed and discussed. Together these findings suggest that physical exercise is a promising nonpharmaceutical intervention to prevent age-related cognitive decline and neurodegenerative diseases.

Elizabeth Millard (2021) declared that Personal Trainers' Go-To Exercises When They Have Time for. Only One Most adults will benefit

from embracing any opportunity in their daily routines to get exercise, even if it's 30 seconds of sprinting up a flight of stairs, carrying their shopping bags instead of using a cart, or just walking at a faster pace," he says. "It all adds up to improve the overall level of fitness, as well as heart and lung function.

Brett Klika (2013) studied on HIGH-INTENSITY CIRCUIT TRAINING USING BODYWEIGHT Maximum Results With Minimal Investment To understand the health benefits and practical application of a high-intensity circuit training exercise protocol. High-intensity circuit training using body weight may provide a convenient, efficient, and effective way to maximize exercise benefits with minimal time and equipment. Learn more in this informative and practical feature.

Jackson, Erica (2013) studied on STRESS RELIEF The Role of Exercise in Stress Management. Exercise can be an effective component of a stress management program, and all types of exercise can be beneficial for stress management. Exercise programs consistent with the current recommendations to improve health can be prescribed to manage stress. Fitness professionals should recognize that it might be necessary to refer a client to a psychologist or other health care provider to help develop strategies for managing stressors that produce chronic and acute episodic stress.

Kilpatrick, Marcus W (2014) conducted a study on HIGH-INTENSITY INTERVAL TRAINING A Review of Physiological and Psychological Responses. Develop an understanding of the impacts of high-intensity interval training on physiological and psychological responses. Develop a strategy for prescribing and using high-intensity interval training in varied client, member, and patient populations. High-intensity interval training is a proven method of boosting aerobic fitness, metabolic health, and cardiovascular function, but more research is needed to confirm preliminary results suggesting that it may be more desirable psychologically than vigorous continuous exercise.

Pilolla, Kari D. (2018) conducted a study on TARGETING ABDOMINAL OBESITY THROUGH THE DIET What Does the Evidence Say? At the end of this article, you should be able to apply your knowledge to Appropriately screen for abdominal obesity and continue to assess measures of abdominal obesity over time. Address misinformation about diet trends for reducing abdominal obesity. Work with a registered dietitian nutritionist to develop appropriate, individualized dietary approaches for your clients to address their full health history and health and fitness goals.

Research Objectives

- To know the people's awareness about health & fitness.
- To study the changes people bring in their Personality after adopting health & fitness lifestyle.

Research Methodology

This study is grounded on primary data as the secondary information is not appropriate for quantitative scale measurement. A comprehensive structured survey questionnaire was used to collect data from the participants' convenience sampling method from Physicon 360 Fitness Hub. 150 questionnaires were dispersed in the Fitness Centre. At the end to collect data 100 respondents were received. Lastly, the valid data (n) used for this study mounted at 100. The survey was led during December 2021 to March 2022 by face to face interviews in the organization. Statistical methods cast-off to analyse the data that we composed from the respondent is statistical software SPSS for the statistical analysis. Throughout this study, the responses and information together from the survey were tested using statistical techniques like Mann-Whitney U tests were used to test rank. The data collected 100 respondents were analysed by means of descriptive statistics.

FINDINGS OF THE STUDY

Demographic Profile

Frequency

Age

Variable	Frequency	Percent(%)
16-25	81	81.0
26-35	15	15.0
36-45	2	2.0
46-60	2	2.0
Total	100	100.0

Gender

Variable	Frequency	Percent
Male	73	73.0
Female	27	27.0
Total	100	100.0

Marital Status

Variable	Frequency	Percent
Married	12	12.0
Unmarried	88	88.0
Total	100	100.0

Physical Condition of Body

Variable	Frequency	Percent
Lean	21	21.0
Average	63	63.0
Overweight	16	16.0
Total	100	100.0

Food Preference of People

Variable	Frequency	Percent
Blend and Boiled	39	39.0
Salty	15	15.0
Oily and Fatty	25	25.0
Sweet	21	21.0
Total	100	100.0

The table indicates that 81% of clients fall in the age group of 16-25 years. The graph of this age group is highest. Thus, it can be inferred that maximum client. 15% of the clients are fall in the age of 26-35, and 2% of clients are fall in the age of 36-45 and 46-60.

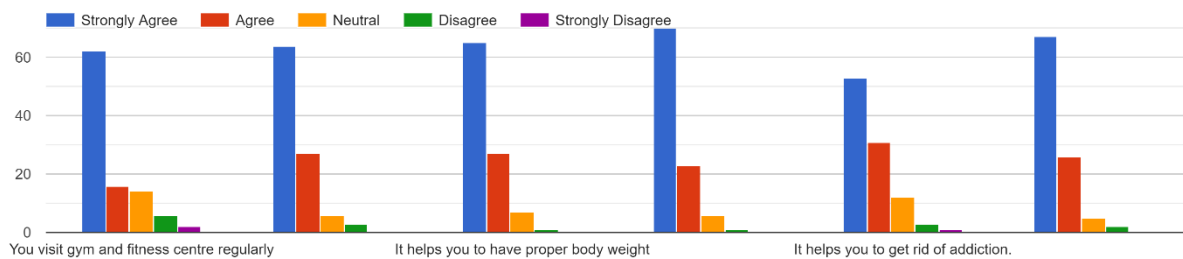
In the fitness centre, 73% of clients are male and 27% of clients are female. So the majority of Male are higher in fitness centres. Female clients are less because of some personal or family restrictions. They don't manage the time for fitness.

In the fitness centre the majority of clients are unmarried and only 12% clients are married.

According to the table majority of the clients there physical condition is average body weight ,16% of clients had overweight and 21% of clients had lean body weight.

The above table show the food preference of people so 39% of people like to it blend and boiled food, an 25% of people like to eat oily and fatty food, an 21% of people like to eat sweet food and 15% of people like to eat salty food.

Give most appropriate answer to the below mentioned statements?



In the first graph show that opinion of people regarding visiting gym or fitness centre, 62 people out of 100 people strongly agree, 16 people out of 100 people are agree, 14 people had Neutrals, 6 people disagree, 2 people are strongly disagree.

The second graph shows the opinion of people regarding visiting a gym or fitness center regularly, 64 people out of 100 people strongly agree, 27 people out of 100 people are agree, 6 people had Neutrals, 3 people are disagree.

The third graph shows that opinion of people regarding Fitness center helps you to have proper body weight, 65 people out of 100 people strongly agree, 27 people out of 100 people are agree, 7 people had Neutrals, 1 people disagree.

The fourth graph depicts that opinion of people regarding fitness center helps to burn additional calories, 70 people out of 100 people are strongly agree, 23 people out of 100 people are agree, 6 people had Neutrals, 1 people are disagree.

The fifth graph reveals that opinion of people regarding fitness center helps to get rid of addiction, 53 people out of 100 people are strongly agree, 31 people out of 100 people are agree, 12 people had Neutrals, 3 people are disagree, 1 people are strongly disagree.

The sixth graph shows that opinion of people regarding fitness center it helps you to keep body healthy, 67 people out of 100 people are strongly agree, 26 people out of 100 people are agree, 5 people had Neutrals, 2 people are disagree.

In order to make the detailed study of the topic, Mann-Whitney test, as an advanced statistical tool was applied.

Mann-Whitney Test

Rank				
	Gender Q2	N	Mean Rank	Sum of Ranks
Opinion of people regarding visit gym and fitness centre regularly	Male	73	50.60	3693.50
	Female	27	50.24	1356.50
	Total	100		
Opinion people regarding visit gym and fitness centre regularly	Male	73	50.82	3709.50
	Female	27	49.65	1340.50
	Total	100		
Fitness centre helps you to have proper body weight	Male	73	51.03	3725.00
	Female	27	49.07	1325.00
	Total	100		
Fitness centre help you to burn your additional calories?	Male	73	51.08	3729.00
	Female	27	48.93	1321.00
	Total	100		
Fitness centre helps you to get rid of addiction.	Male	73	53.28	3889.50
	Female	27	42.98	1160.50
	Total	100		
Fitness centre helps you to keep your body healthy.	Male	73	51.24	3740.50
	Female	27	48.50	1309.50
	Total	100		
Increase in confidence	Male	73	51.32	3746.50
	Female	27	48.28	1303.50
	Total	100		
Wake-up Early in Morning	Male	73	51.71	3775.00
	Female	27	47.22	1275.00
	Total	100		
Feel less fatigue during a day	Male	73	49.88	3641.50

	Female	27	52.17	1408.50
	Total	100		
YourFashion&Grooming sense increase	Male	73	52.12	3804.50
	Female	27	46.13	1245.50
	Total	100		
You have more good friends	Male	73	51.19	3737.00
	Female	27	48.63	1313.00
	Total	100		
More people come to you to take your advice	Male	73	51.93	3791.00
	Female	27	46.63	1259.00
	Total	100		
You are promoting product or working with brands	Male	73	49.09	3583.50
	Female	27	54.31	1466.50
	Total	100		

The highest mean rank in male is 53.23 and highest mean rank of female is 54.31 and the lowest mean rank in male is 49.03 and the lowest mean rank in female is 46.13 and all the significances level is close to 0.05. So there is no more difference in mean rank of male and female.

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