

Opinions of new mothers on kid's gymnasium in Vadodara city

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INTRODUCTION

Health is the level of functional or metabolic efficiency of a living organism. In humans, it is the general condition of a person's mind and body, usually meaning to be free from illness, injury or pain. World Health Organization (WHO) defined health as "a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity."

Kids, exercise means playing and being physically active. Kids exercise when they have gym class at school, during recess, at dance class or soccer practice, while riding bikes, or when playing tag. Parents should encourage their kids to do a variety of activities so that they can remain fit for life time. There are many Benefits of Exercise, Everyone can benefit from regular exercise. Kids who are active will have stronger muscles and bones, have a leaner body because exercise, helps control body fat, be less likely to become overweight, decrease the risk of developing type 2 diabetes and possibly lower blood pressure and blood cholesterol levels have a better outlook on life.

The idea of gym is basically of exercising. The need and importance of opening one in Vadodara city was inspired by the arising illness in young children due to obesity. In today's scenario diabetes, cancer, kidney failure, etc are major diseases that are found at a budding age which may cause an unhealthy lifestyle and future with illness. There is a lot of awareness amongst parents about health, gymnasium and diet but they do not practice on their children. Kids are vulnerable, they want and crave for whatever they see and become adamant on eating things like pizza, burger, aerated drinks, etc which is high in calorie and unhealthy. In Vadodara, there are so many parents who are unaware about the diet and food these days and a need to peep into the lifestyle of kids with the point of view of exercise. Thus, it was decided to conduct a survey study and find out the awareness level of the selected new mothers with reference to the need of the Kids Gymnasium.

Objective of the study:

- To study the awareness of new mothers, on health of their children.
- To study the opinions of new mothers regarding the need for kids gymnasium.
- To find out the interest of new mothers on introducing kids gymnasium for their children.

Statement of the problem:

Keeping in mind the following discussion it was decided to study the "Opinions of new mothers

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on kid's gymnasium in Vadodara city.”

1. What is the need of healthy lifestyle for kids?
2. What is the awareness level of parents regarding the health of kids?
3. What is the awareness level of parents regarding the physical fitness of kids?
4. What is the need for gym fitness for children?
5. What is kid's gymnasium?

What do the parents understand of kid's gymnasium and its importance for their children?

Justification of the study:

Kid's health is a major issue of concern; parents are unaware about the later repercussion a child faces in his/her life. If the childhood is taken well care off than the later life becomes easy and smooth without illness and healthy. This is the current scenario of the world that people die of illness rather than natural deaths. With the advancement in technology and greater knowledge one can actually improve the child's life and theirs too. Obesity is a major cause of illness and diseases, and in these days it is very much seen in every kid that we come across. In order to make the child look cute the parents feed him/her and they are ruining the child's future by making him available to illness easily. Healthy eating and right exercise makes a man's life beautiful to live. Parents should understand the need and importance for their child's healthy living and eating and make them aware about the future repercussion.

Assumptions of the study:

1. Mother's are aware about the importance of physical fitness in a child's life.
2. The opinions of the mother would vary in relation to the following variables:
 - Educational qualification
 - Socio economic status
 - Nutritional information/awareness

Delimitations of the study:

The study is delimited to study the opinions of new mothers on kid's gymnasium in Vadodara city regarding:

- Awareness on health of their child
- Need for a kids gymnasium
- Interest on introducing a Kid's gym

Operational definition:

• *Kid's gymnasium*: Kids gymnasium is an upcoming concept. In today's time the parents are so busy working and earning bread that they cannot concentrate on their child. The kids are kept in after school hostels where they are only made to do homework or taught extra studies. The concept of kid's gymnasium is of maintaining education, health and diet at the same time. The ideal concept of kid's gymnasium is having done physical exercise with fun. Exercises like yoga, swimming, dancing, foot paint, cycling, camping, karate and much more, which includes fun with exercise in order to maintain the healthy lifestyle.

METHODOLOGY

Tools for data collection:

A structured questionnaire was prepared as a tool for data collection. The questionnaire was divided into 4 sections. The first section consisted of background information. The second section consisted statements related to awareness regarding health of their child. The third section comprised

of need for kid's gymnasium. The fourth section comprised of the interest of introducing kid's gym in Vadodara city.

Population of the study:

Population of the study consisted of new mothers of 25 to 35 years of age in Vadodara City.

Sample of the study:

The sample of the study consisted of total 50 mothers ranging between the ages of 25 to 35 years of age. The mothers were contacted through the personal references.

Construction of research tool:

A structured questionnaire was developed to study the awareness level of the new mothers regarding opinions, need and importance of health and physical fitness for their child in the city of Vadodara.

Collection of data:

The data were collected by circulating an online questionnaire and a telephonic conversation. The average time for filling the tool was 15minutes. The average time for a telephonic conversation was of 5 to 7 minutes.

Plan for statistical analysis:

The statistical measure used to ascertain the analysis was done by percentage method.

RESULTS AND DISCUSSION

Section A: Background Information :

- 76% of the respondents' were graduate and only 24% had studied till post graduation
- Majority of the respondents belong to upper class socio economic status.
- 50% of the respondents preference of diet was vegetarian and non vegetarian.
- Only 20% of the respondents do physical activity daily.

Section B: Awareness of new mothers regarding health of their child :

- 76% of the mothers are well aware about the nutritional facts of the child's diet, 24% were averagely aware.
- 100% of the mothers were aware about the need and importance for physical fitness.
- 62% mothers were in favour of physical activity should be integrated in class rooms, whereas 32% had a neutral view and only 6% disagreed.
- 86% of mothers did not restrict their children on diet and 14% restricted on diet.

Section C: Need for gym fitness and children :

- 97% of the mothers believed that kid's gym is the best alternative for maintaining the health of the kids. As the playgrounds these days are vanishing with the fast encroachments of the buildings at every open space of any city and only 3% had neutral view.
- 53% agreed kid's gym is relatively a costly affair, but definitely will prove to be a safe n healthy alternative whereas 38% had a neutral view towards this aspect and only 9% disagreed.

Section D: Expectations of mothers from kid's gym :

Majority of the respondents were convinced about the concept of Kids Gymnasium .They expressed that a safe place with technical experts n Nutrition experts can prove to be a beneficial place

to send their kids for maintaining their health .The regular presence of these experts during the gym hours will help the kids to keep up their motivation levels .Also many of the respondents interviewed, expressed that the individual counselling services should be provided to the parents. Talks, Discussions, Symposiums can also be arranged on regular basis for the kids as well as the parents related to the health aspects.

Conclusion:

Many researches done in the western countries and in India as well have confirmed that children need an integrated approach to healthy weight management that includes both physical activity and nutrition education. Parents responded that such gyms where nutrition programmes are designed by the dietetics and highly qualified nutritionists can provide excellent opportunity to develop lifelong nutrition and fitness habits with hands on educational approaches. Such gyms can prove to be the institutions not only for physical excises along with leaving for nutritional importance but can also prove to be place for fun. Many parents also emphasized that such gyms may also help the kids in personality development where the children may develop confidence and self-esteem. Same the parents were concerned about factors like affordability, parents support; transportation facilities for kids from home to gym and back but knowing the benefits, the gyms can provide to the kids, such factors can easily take a back seat. In reality the techniques related to importance of stagy physical excessive, life time physical activity, healthy food and beverage choice should be taken up in the family but over the past 30 years, advance in technology, change in life styles have left family members living more selective life style, sitting in front of television, computers, video games, and mobiles device, thus leaving very less there for parents children interactions. Therefore, the role of the family is taken up by institutions like kids gyms.

In the present study the mothers were well aware about the health and nutrition of their child. They had adequate knowledge of the ideal diet preferred by the children along with their likes and dislikes. The mothers in today's time are more aware about the health related knowledge one must possess. They were highly convinced with the ideology of gymnasium for their child. They had an expectation for day care facility with educational learning along with the kids gymnasium .The urban life today is extremely fast, with tremendous aspirations & many goals to be achieved. The institutions like play centres, concept schools, book reading hubs are very successful in the big cities .Today the role of the family is been taken care by such institutions .Thus leaving behind some time for the parents either to relax or to fulfil their ambitions in life .Thus this new concept of kids gymnasium can prove to be a boom in today's" rapidly growing life of any urban city.

REFERENCES

Research was mainly done through the use of internet and web where in different kid's gymnasium were analysed and reviewed in order to understand the concept of kid's Gymnasium.

www.thelittlegym.com

www.kidsgyminc.com

www.gymkids.co.nz

www.gokidsgym.com

For the reference of studying the procedure of research two theses was referred. They are:

A study of the opinion of youth on the influence of reality television shows on youth and society by Mimansha Bhatt

A study on opinions of the selected youth regarding gender sensitivity at Maharaja Sayajirao University, Campus, Vadodara, 2014 a study done by PinkalTalati.
