

EVALUATING ADULT LEARNERS KNOWLEDGE AND PRACTICES OF EXERCISE IN OSHIMILI SOUTH LOCAL GOVERNMENT AREA OF DELTA STATE

By

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Abstract

This paper examined Adult learners knowledge and practices of exercise in Oshimili South LGA of Delta State. Four (2) research questions guided the study. The study adopted descriptive survey research design. The targeted population for this study consists of all adult learners in all adult literacy centers in Oshimili South Local Government Area Delta State which were (9) with the population of 213 learners. Ten (10) adult learners from each of the Nine (9) adult literacy centers in the area were selected using stratified random sampling technique. Therefore the total sample size used for this study was 90 respondents. Research instrument used was a 14-items structured questionnaire. Drafted copies of the questionnaire were submitted to experts. Validated copies of the questionnaire were distributed to the adult learners personally by the researchers. Data collected were analyzed using mean and standard deviation statistics. Findings of the study revealed among others that; Adult learners in Oshimili South LGA of Delta State possessed high knowledge of exercise and physical fitness, Adult learners in Oshimili South LGA of Delta State does not practice exercise and physical fitness regularly and not everyday and also not participating effectively as well, according to their response, they only engage in exercises during leisure time. The study recommended among others that: integration of physical and health education in the school curriculum in other to improve adults physical exercise habit.

Introduction

It is an undisputed fact that exercise and physical fitness help in promoting individuals health and healthy living, especially in this sophisticated world. Participating in exercise and physical fitness is considered as fulfilling a domain of the healthy lifestyles (Wee, 2015). At present, the promotion of physical exercise has become one of the Government's main objectives with respect to public health. This is due to the fact that among the goals to be achieved by the Government, is the prevention of the illnesses caused by sedentarism as well as boost of a healthy and suitable lifestyle (Akintunde 2012). Exercise and physical fitness practiced on a regular basis are associated with a great amount of physical, psychological and physiological benefits, and play an exceptional role in preventing a variety of illnesses (Biddle, 2013).

Exercise and physical fitness according to World Health Organization, WHO, (2017) are a bodily movement produced by the contraction of skeletal muscle that

requires energy expenditures in excess of resting energy. Active People Survey, APS, (2018) Opined that exercise and physical fitness are wide range of activities involving movement including house work such as vacuuming and digging the garden, active hobbies, walking and cycling, dancing, exercise such as swimming or going to the gym, and sports. This definition is in line with Okon (2018) who explained that exercise and physical fitness today can be classified by cultural function thus:

- i. Exercise and physical fitness necessary for work, house work and personal care (such as walking to the car, mopping a floor, taking a shower);
- ii. Exercise and physical fitness undertaken for pleasure (eg, gardening, hiking, playing, tennis, and dancing).
- iii. Exercise and physical fitness undertaken to improve health like: (aerobics, weightlifting)

Physical fitness also includes movement done as part of a job such as walking, lifting and carrying (Kath and Katie, 2017). Dallas (2012) explained exercise and physical fitness as a particular manifestation of cultural leisure form. For the purpose of this study, exercise and physical fitness means the organized and selected body movement produced by contraction of skeletal muscles that requires energy expenditure which is either low intensity, moderate or high intensity which aims at improving physical fitness of an individual. It is organized and selected because, not

every activity can improve an individual's health. For example when a person jumps down from a mango tree, it is an activity but it is dangerous to the person's body.

Planned and regular exercise and physical fitness boost the immune system and promote the optimal performance of all major systems of the human body: musculoskeletal; cardiovascular; immunologic; neurosensory and gastrointestinal (Aniido 2014). Some aspects of exercise and physical fitness are exercise, play, games, sports, recreation and movement etc. These aspects of exercise and physical fitness are not the same in meaning but people often use them interchangeably. Physical exercise means a subset of the exercise and physical fitness behavior that involves purposive and repetitive movements with aim of improving cardio-vascular or muscular fitness (Aweto, Oligbo, Fapojuwo and Olawale 2013). Brown (2015) described movement as an act of moving the body or part of the body like hand movement, leg movement etc. movement could be locomotors or non-locomotors movements. Play also means to be involved in a game either to compete against somebody or to make contact with equipment, like ball etc. (Hornby, 2015). Play has no rules or law. Sports according to Online Dictionary Thesaurus (2017), is an activity involving physical exertion and skill that is governed by a set of rules or customs and often undertaken competitively. Kent (2016) defined sport as any highly structured, goal directed toward exercise and physical fitness governed by

rules and also involving high level commitment with the aim of excelling above an opponent.

So also, an individual's exercise and physical fitness habits are influenced by knowledge of physical activities. This means that an individual's knowledge guides his behavior or reactions to some events. Knowledge is the remembering or recall of a material that has been learned previously. All what is needed is the ability to remember or to bring to mind the learned information or skill exactly the way it was learned. Facts such as names of people and objects belong to this aspect of learning (Akudolu, 2015). Once a person's name is learned, it can be reproduced when needed. Vainoioh (2012) identified that in normal conversation, knowledge is used to mean: knowing that (facts and information) and knowing how (the ability to do something).

Sometimes we use the word knowledge to mean that we have some information, we know that Mary drinks Lemonade for example. When we have this type of knowledge, then we are able to express it. Stanley (2012) defined knowledge as a familiarity with someone or something which can include facts, information, descriptions or skills acquired through experience or education. In this study, knowledge means familiarity, awareness or understanding gained through experience, study or specific information about physical activities. Knowledge of exercise and physical fitness therefore means familiarity, awareness or

understanding that has been perceived or learned about planned and selected bodily movement produced by contraction of muscles that requires energy expenditure which is low, moderate or high intensity that aims at improving physical fitness of an individual (Ugwu, 2018).

However, Akudolu (2015) explained adult learners as an adult student or, more commonly, a mature student, is a person who is older and is involved in forms of learning. Adult learners fall in a specific criterion of being experienced, and do not always have a high school diploma. Many of the adult learners go back to school to finish a degree, or earn a new one (Brookfield, 2015). Okon (2018) in his own view stated that researchers have recommended that motivational education techniques may be useful in influencing personal belief and therefore support sustained attitude change. Kath and Katie (2011) pointed out that work commitments, lack of leisure time, caring for children and not having enough money are perceived barriers to participate in physical activities by adult learners. For one to happily engage in physical activities, he or she must be motivated to do so, and there should be adequate facilities, equipments and supplies. It's on this backdrop that the present study was aimed at determining the Knowledge, attitude, practice and benefits of exercise and physical fitness among adult learners in Oshimili south LGA of Delta State.

Statement of the Problem

Adult education Facilitators and learners in adult training centers in Oshimili Sought LGA, Delta State of Nigeria appear not to have shown demonstrable interest in exercise pursuits notwithstanding the availability of some physical exercise facilities in various part of the state capital. This observation may have been explained by the findings that members of staff in Organizations in the state rarely engaged in any physical activity in their spare time. More so, many adult learners of today appear not to habitually engage in adequate regular exercise and physical fitness regimen, and that some people may not necessarily participate in exercise in spite of the availability of exercise and physical fitness facilities at their door step.

Adult learners enrolled in various training centers in the Nation at large are often unable to dedicate sufficient time to exercise due to the expectations of their academic programs or other high priorities (Edwin, 2016). This limitation (lack of time) to exercise may or may not be the decisive factor for physical activity participation of adult learners. Depending upon exposure to exercise and the access individuals have to the various exercising facilities, one might expect that most of the population would have fewer reasons not to exercise. Unfortunately, studies on the knowledge of adult learners regarding exercise benefits in Nigeria are scanty, and to the best of the researcher's knowledge, none of such studies has ever been carried out in Oshimili South LGA of Delta State. In addition, there is paucity of

local baseline data on knowledge and practice of exercise and physical fitness among adult learners, which can be relied upon for further study and formulation of policies, strategies and programmes needed for designing and implementing improved exercise and physical fitness lifestyles initiative for different populations in Delta state.

This study therefore Evaluate the Adult learners Knowledge and practice of exercises and Physical fitness in Oshimili south Local Government Area of Delta State.

Methodology

This study adopted a descriptive survey design. “Descriptive survey design was used in preliminary and exploratory studies to allow researchers to gather information, summarize, present and interpret for the purpose of clarification”

The targeted population for this study consists of all the adult learners in the Nine (9) adult literacy centers in Oshimili South Local Government Area Delta State with the population of 213 learners. Ten (10) adult learners from each of the Nine (9) adult literacy centers in the area were selected using stratified random sampling technique. Therefore the total sample size used for this study was 90 respondents.

A researcher designed questionnaire was adopted in order to obtain valid information for the research and it contains 14 items on Evaluating adult learners Knowledge and practice of exercise and physical fitness in Oshimili South Local Government Area of Delta State questionnaire (EKPEPFQ). The questionnaire response was designed on four point rating scale format: SA- Strongly Agreed, A- Agreed, D- Disagreed and SD- Strongly Disagreed

Data generated was analyzed using mean and standard deviation. A four point rating scale was used with nominal values Assigned to them as follows:- A mean score of 2.50 was used to determine the cut-off point, using an interval width of 0.5 so that upper limit is 2.50. Any items with a mean score of 2.50 and above were accepted; while a mean score below 2.50 were rejected.

Results.

Demographic Description of Respondents

This section describes demographic characteristics of the respondents using frequency counts and percentage as illustrated below:

Table 1.1: Frequency and percentage distribution showing gender of the respondents

Gender	Learners	
	F	%
Male	29	32.2%
Female	59	67.8%
Total	90	100%

Table 1.1 shows that out of the 90 learners that participated in the study, 29 (32.2%) were males, while 67.8 (67.8%) were female. From this it can be deduced that although the study sampled both gender, majority of the respondent were female.

Table 1.2: Mean and standard deviation of the respondent on knowledge of exercise and physical fitness is possessed by adult learners in Oshimili South LGA of Delta State.

S/N	STATEMENTS	SA	A	D	SD	Mean	SD	Remark
1	I have knowledge of the benefits of physical activities	43	15	12	20	2.9	0.46	Agreed
2	I have knowledge of physical activities required for suitable healthy living	50	8	21	11	3.08	0.42	Agreed
3	I have knowledge of the types of physical activities required of adults	10	60	0	20	2.67	0.30	Agreed
4	I have knowledge of the hindrances to participation in physical activities	35	27	13	15	2.9	0.42	Agreed
Grand Mean						2.89		Agreed

Source: field data survey 2022

Table 1.2 presents the mean ratings and standard deviations of respondents on the knowledge of exercise and physical fitness possessed by adult learners in Oshimili South LGA of Delta State. The Table shows that the four (4) isolated items recorded

mean ratings between 2.67 and 3.08 which were above 2.50 cut-off point on the four points scale. The result shows that the four (4) items statements were knowledge of exercise and physical fitness possessed by adult learners in Oshimili South LGA. The standard deviation ranged from 0.30 to 0.46 which revealed that respondents were not too far from the mean and each other in their responses. The grand mean of 2.89 further reveal that adult learners in Oshimili South LGA of Delta State possessed high knowledge of exercise and physical fitness.

Table 1.3: Mean and standard deviation of the respondent on the Practices of exercise and physical fitness carried out by adult learners in Oshimili South LGA of Delta State.

S/N	STATEMENTS	SA	A	D	SD	Mean	SD	Remark
5	I regularly participate in physical activities	12	2	46	30	1.95	0.56	Disagreed
6	I participate in physical activities every day	6	9	32	43	1.76	0.47	Disagreed
7	I participate only during my leisure time	30	30	20	10	2.89	0.40	Agreed

8	I prefer team sports to individual sports	41	35	11	3	3.27	0.32	Agreed
9	I prefer team workout to individual workout	40	26	17	7	3.10	0.38	Agreed
10	I prefer practicing with my friends to family members or spouse	50	25	10	5	3.33	0.32	Agreed
11	I actively participate in physical activities	12	5	45	28	2.01	0.53	Disagreed
12	I make use of sports and leisure facilities	11	3	49	27	1.98	0.53	Disagreed
13	I make new friends whenever I participate in physical activities	51	18	11	10	3.22	0.37	Agreed
14	I feel happy each time I participate in physical activities	44	35	7	4	3.32	0.31	Agreed
Grand Mean						2.68		Agreed

Source: field data survey 2022

From table 1.3 the mean rating of item 5, 6, 11 and 12 ranges from 1.7 to 2.01 which are below the cut-off point. This therefore implies that the respondents disagree with these items, It therefore indicates that Practices of exercise and physical fitness by adult learners in Oshimili South LGA of Delta State wasn't regularly, not everyday and not actively participating . While item 7, 8, 9, 10, 13 and 14 has a mean score ranging from 2.89 to 3.3 which are above the mid points. These implies that the respondents agrees with these item statements as the Practices of exercise and physical fitness carried out by adult learners in Oshimili South LGA is mostly at their leisure time and in group . The grand mean of 2.68 further reveal that adult learners in Oshimili South LGA of Delta State prefer method of practicing exercises is in groups and at their leisure time.

Findings of the Study

1. Adult learners in Oshimili South LGA of Delta State possessed high knowledge of exercise and physical fitness
2. Adult learners in Oshimili South LGA of Delta State practices exercise and physical fitness but not regularly and not actively as well.

Discussion of Findings

The analysis of research question one revealed that: Adult learners in Oshimili South LGA of Delta State have knowledge of the benefits of physical activities, have knowledge of physical activities required for suitable healthy living, have knowledge of the types of physical activities and have knowledge of the hindrances to participation in physical activities. These findings are in line with Madu (2012) who is a Researcher in the field of Physical Education (PE). He indicated that identifying and understanding the factors that are associated with adults' physical exercise participation are critical to the promotion of current and lifelong physical exercise participation. Also Knowledge on physical exercise therefore means familiarity, awareness or understanding that has been perceived or learned on planned, structured, repetitive, and which maintains or improves health and physical fitness Eyo, (2015). Physical activity and exercise self-efficacy levels may be connected to the amount of knowledge of physical activity a person receives and

having more knowledge about the body may lead to an increased exercise self-efficacy Njamanze (2016).

The analysis of research question two revealed that: Adult learners Oshimili South LGA of Delta State do not regularly participate in physical activities, do not participate in physical activities every day, participate only during their leisure time, prefer team sports to individual sports, prefer team workout to individual workout, prefer practicing with friends to family members or spouse, do not actively participate in physical activities, do not make use of sports and leisure facilities, make new friends whenever they participate in physical activities and feel happy each time they participate in physical activities. These findings are in line with the findings of Aniodo, (2014) who opined that practice is referred to as the means of doing something, a way of doing something that is common or habitual, frequent or systematic repetition, repeated exercise in doing something.

Conclusion

Generally, despite the high level of awareness of respondents on physical exercise, most respondents within the adult learning centers do not practice exercise and physical fitness activities regularly and actively. They only engaged in it during leisure time and prefer it in groups , which means adult learners in Oshimili South

Local Government Area of Delta State has not taken exercise and physical fitness activities seriously to the extent of practicing alone.

Furthermore, practice of physical exercise among respondents was found to be quite low as almost more than 25% of the respondents in all the adult training centers spend less than an hour exercising per day. However, the practice level of adult learners is shown to be high. A considerable number of respondents were not engaged in physical exercise at all. It was also found that, the last time some respondents engaged in physical exercise may be for a while now since it is only done during leisure time,.

Recommendations

In view of the findings of this research work, the following recommendations were made:

1. There is a need for more sensitization on the negative health impacts associated with inadequate physical exercise on individuals.
2. Integration of physical and health education with contents that lay emphasis on the influence of regular exercise and physical fitness,

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