



A STUDY ON INFRASTRUCTURE FACILITIES IN FITNESS CENTRES OF UTTAR PRADESH

Shailendra Pratap Singh
Assistant Professor (Guest Faculty) ,
Dept. of Physical Education ,
University of Allahabad, UP.

ABSTRACT :

The purpose of the study was to assess the infrastructure facilities in fitness centres of Uttar Pradesh. The result of the study showed that most of the fitness centres operated in rented buildings, they had its own changing area and separate warming up area. It was also observed from the findings that most of the fitness centres did not have branches or franchise.

KEYWORDS : Fitness Centre, Infrastructure facility.

INTRODUCTION

The term infrastructure literally means structure below, i.e. the foundation. The word is a combination of "infra" and "structure". Infrastructure is generally a set of interconnected structural elements that provide the framework supporting an entire structure. It refers to some kind of permanent installations, which are used over a long period of time. The term has diverse meanings in different fields, but is perhaps most widely understood to refer to the fundamental facilities and systems serving a country, city or area such as transport and communication

system, water and power lines, schools, hospitals etc. Economically, Infrastructure would be seen to be the structural elements of an economy which allows for production of goods and services without themselves being part of the production process.

Infrastructure is generally defined as the Physical framework of facilities through which goods and services are provided to the public. Its linkages to the economy are multiple and complex, because it affects production and consumption directly, creates positive and negative spill over effects, and involves large flow of expenditure. Here in this study researcher considered buildings, equipments and other materials that are used or required to run fitness centres.

METHODOLOGY AND PROCEDURE

Selection of Fitness Centres

To meet the purpose of the study researcher personally visited two hundred Fitness Centers running in the urban areas of the Uttar Pradesh State. After brief explanation about the purpose of the study, questionnaires related to study were handed over to every respondent i.e. the proprietor, manager of fitness centers individually. The doubt if any was clarified on the spot. The respondents were requested to fill the questionnaire on the spot and researcher collected the filled questionnaire back after their completion.

Tool

A questionnaire was prepared to collect details on the General Information and Infrastructure facilities. Data collected through questionnaire was grouped into different heads identified by the investigator. Precaution and necessary care was taken to get accurate data at every stage.

Statistical Design

The obtained data was analyzed by employing percentage analysis. The divergence of the responses was computed by chi-square analysis.

RESULTS AND DISCUSSIONS

Table - 01
Infrastructure Facilities in Fitness Centres

	Response	Fo	Fe	%age	χ^2
Question No. 01	Rented	143	100	71.50	36.98*
	Own Building	57	100	28.50	
Question No. 02	YES	33	100	16.50	89.78*
	NO	167	100	83.50	
Question No. 03	YES	180	100	90.00	128*
	NO	20	100	10.00	
Question No. 04	YES	178	100	89.00	121.68*
	NO	22	100	11.00	

*Significant at 0.05
Tab $\chi^2 = 3.84$

df = 01

Question number 01 in above table was related to the status of building i.e., Rented or Non Rented. 143 subjects responded that fitness centers were functioning/running in rented building. Whereas 57 subjects responded that fitness center were in own building. Chi-Square value (36.98) has shown significant diversion at 0.05 level in response to the rented building.

Question number 02 in the above table was related to the branches or franchise of the fitness centers. 33 subjects responded that the fitness centers had their own branches or franchise. Whereas 167 subjects responded that fitness centers did not have branches or franchise. The calculated chi-Square value (89.78) expressed significant diversion towards the responses 'NO' i.e., there was no branch or franchise of fitness centers.

Question number 03 in above table was pertaining to the changing area facility in Fitness Centers. Out of 200 subjects 180 responded 'YES' that fitness centers had changing area facility. The calculated Chi-square value (128.00) was found significant in favour of availability of changing area.

Question number 04 in the above table was related to the availability of separate warming up area. Out of 200 subjects, 178 subjects responded 'YES' i.e., the Fitness Centers had separate warming up area. Calculated Chi-Square value (121.68) also supported significantly in favour of 'YES' responses.

DISCUSSION

These days' people are getting much conscious regarding their health as well as of figure. As because of too much crowd in cities the demands for the houses has increased so flats or buildings are constructed here and there due to which grounds are vanishing. People do not have space in their houses, so in one way or the other they are joining fitness centers to meet out the demands to remain fit and healthy. It was observed from the findings of the study that most of the fitness centres operated in rented buildings with changing and warming up area separately, whereas they didn't have branch or franchise. Though the centres had separate warming up as well as changing area but that was not of appropriate size as per the strength of the users because the centres were located in rented house/shop so these facilities were not fit for the purpose. It was observed by researcher during discussion with the users. No research has been done earlier taking in view of these questions so the researcher could not compare his finding with any study.

SUGGESTIONS

The non communicable diseases as reported by W.H.O. in 2010 on the worldwide epidemic of cardiovascular, cancer, diabetes and chronic respiratory diseases are scaling up because of the factors like unhealthy diet, physical inactivity etc. The above mentioned invisible epidemic is an underappreciated cause of poverty and hinders the economic developments of country. So it can be suggested that government should encourage the entrepreneurs by providing lands on subsidised rate or provide loans with minimum interest. So that more and more fitness centres can be open up to meet out the requirements of the users. Fund should be raised to encourage for healthy people in government sectors. Fitness equipments should be made available at low cost or tax free.

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Shailendra Pratap Singh
Assistant Professor , (Guest Faculty) , Dept. of Physical Education ,
University of Allahabad, UP.