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Relationship Between Social Networking and Physical Activity of DPT Students of Riphah College of Rehabilitation Sciences Rawalpindi

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[1]Conception and design, [4]Final approval and guarantor of the article
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ABSTRACT

Background: This study investigates how physical active students are and what is the effect of social networking on their physical activity.

Objective: To find relationship between social networking and physical activity of DPT students.

Methodology: A descriptive cross-sectional study was done in Riphah College of rehabilitation sciences. The study duration was completed from 1st June 2013 to 1st January 2014. Data was collected through semi structured questionnaire comprising of 5 demographic questions, rapid assessment of physical activity scale and 19 questions of social networking was used to collect data. Data was analyzed by SPSS 20.

Results: Total 95% students are using social networking sites, among them 38% students are physically active, 48% are physically under-active and 14% are physically sedentary. Majority of the students (80%) are spending approximately 1-4hrs on social networking sites and majority (49%) among them are incline toward under-active lifestyle.

Conclusion: The study shows that most of the students who are using social networking sites are physically under-active and students who are spending more time on social networking sites are less involve in physical activities.

Introduction

Over the past few years there has been increasing interest of new generation of social media specially the use of social networking sites. This technology has its own negative sides as many experts have linked social networking with decline in physical activity.[1] Many New studies have shown that time spend on social networking expanses many useful activities including physical activity.[2] Physical activity is any bodily movement of skeletal muscles which results in energy expenditure. The energy expenditure can be measured in kilocalories. Physical activity in daily life can be categorized into occupational, sports, conditioning, household, or other activities. Physical activity is the best predictor of health status.[3] Regular physical activity is recommended for health maintenance in adolescence, but basic descriptive epidemiological data are lacking for this age group.[4] A social networking site is an online place where a user can create a profile and build a personal network that connects him or her to other users. When people join social networking sites, they begin by creating a profile, then make connections to existing friends as well as those they meet through the site. Social

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networking sites (e.g., My Space and Face book) are popular online communication forms among adolescents and emerging adults.[5] Face book is the most popular social networking site, with 93.4 per cent of students using it.[6] In university of Ulster an online survey of around 350 students have done measuring social networking activity and levels of physical activity. The results showed that the immense majority of students used social networking sites like Face book and Twitter spend an average of one hour a day online. In the

physical activity questionnaire, just over half the students were classified as; 'moderately active' and a third were 'high activity', with a minority (12.7 per cent) falling into the 'low physical activity' group. A quarter of the respondents said they took part in team sports.[7] No study has been done on this contrast in Pakistan. Although the study was undertaken to investigate the positive and negative effects of excessive Internet use on undergraduate students the sample consisted of 200 undergraduate students studying at the GC University Lahore, Pakistan. A set of Pearson Product Moment correlations showed positive associations between time spent on the Internet and various dimensions of the IES indicating that excessive Internet use can lead to a host of problems of educational, physical, psychological and interpersonal nature.[8] Having in mind the previous researches, we considered of scientific importance to investigate the relationship of social networking and physical activity in students.

Methodology

Descriptive crosses sectional study was conducted in Riphah College of Rehabilitation Sciences with sample size of 300 students and Non probability purposive sampling technique were used. An inclusion criterion was DPT students of Riphah College of Rehabilitation sciences. Students other than DPT program were excluded. Data was collected on the basis of inclusion and exclusion criteria from the DPT students in 6 months. Data was analyzed on SPSS-20. For this purpose a semi structured questionnaire designed based on 5 demographic questions, rapid assessment of physical activity scale and 19 questions of social networking. The data was collected from 2nd to 10th semester of DPT. A total of 300 questionnaires were filled.

Results

Out of 300 students, 33 students (11%) are of age group 17-19 years, 213 students (71%) are of age group 20-22 years and 54 students (18 %) are of age group 23-25years. The result shows that the sample has 258 (86%) female and 43 (14%) male. The Mean age was 21±2.03 year.

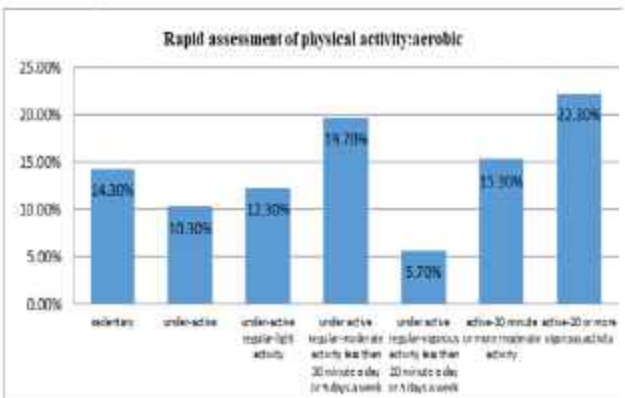

Figure no 1. Chart showing Rapid assessment of physical activity (aerobic)

Table no I: Rapid assessment of physical activity: aerobic * do you use social networking sites Cross-tabulation.

Rapid assessment of physical activity: Aerobic	Not use social networking sites	Use social networking sites	Total
Sedentary	2	41	43
under-active	0	31	31
under-active regular- light activity	5	32	37
underactive regular- moderate activity less than 30 minute a day or 5 days a week	4	55	59
underactive regular- vigorous activity less than 20 minute a day or 3 days a week	1	16	17
active- 30 minute or more moderate activity	2	44	46
active- 20 minute or more vigorous activity	1	66	67
Total	15	285	300

Table no II: Rapid assessment of physical activity: aerobic * Please state your average hours of social networking sites use per day Cross-tabulation.					
Rapid assessment of physical activity: aerobic	1-4 hrs	5-8 hrs	9-12 hrs	13 hrs	Total
sedentary	34	4	2	1	41
under-active	26	2	2	1	31
under-active regular-light activity	28	5	0	0	33
underactive regular- moderate activity less than 30 minute a day or 5 days a week	47	6	1	1	55
underactive regular- vigorous activity less than 20 minute a day or 3 days a week	12	5	0	0	17
active- 30 minute or more moderate activity	34	7	3	2	46
active- 20 minute or more vigorous activity	51	13	1	1	66
Total	232	42	9	6	289

Discussion

The current study examined the relationship of social networking with physical activity of students. The study reported effect of effect of social networking on DPT student's physical activity. Sample size chosen for this study was 300. Data analysis and result shows that social networking has inverse relation with physical activity. There are several ways to check physical activity. Many tools and questioners have been designed but most authentic is RAPA (Rapid assessment of physical activity). It is thought to be valid, reliable and feasible mean of detecting physical activity level of person.[9] This is already evident that use of social networking sites in increasing day by day. About one in seven people around the globe use a social networking site at least once a month and that number is expected to see grow significantly over the next several years.[10] Technical advances have their down sides. Many studies have been conducted to link television, games and now social networking with a decline in physical activity.

Many studies have been conducted to relate social networking with physical activity both on national and international level. Majority of students used social networking sites like Face book and Twitter spend an average of one hour a day online. In the physical activity questionnaire, just over half the students were classified as; 'moderately active' and a third were 'high activity', with a minority (12.7 per cent) falling into the 'low physical activity' group. A quarter of the respondents said they took part in team sports.[7] Researchers also found that most of the social networkers spent one hour a day online, and that the most active social media users were also the least likely to play sports.[11] The current study shows that most of the students who are using social networking sites are physically under-active. This suggests that students who use excessive social networking sites have negative effect on their physical activity level. The possible explanation for this is time spent on the social networking site comes out as an expense for other activities. High time spend on online social networking would naturally lead to less time for outdoor or indoor physical activity. A study was conducted on evaluating the relationship between physical education, sport and social inclusion by Richard bailey in 2005 suggest that there is a positive relationship with participation in these activities (such as physical and mental health).however this study shows that most of the students who are using social networking sites are physically under-active and students who are spending more time on social networking sites are less involve in physical activities.[12]

Limitation:

One of the main limitations of our study was a relatively small sample. Although it was large enough for valid statistical analysis and representative enough for the conclusions about the study population in question, still, it would be interesting to see the results of a similar investigation designed to reflect the adolescent population of the entire country, or even region.

Conclusion

The study shows that most of the students who are using social networking sites are physically under-

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