

**THE SURVEY ON PATTERNS OF PHYSICAL FITNESS
MAINTENANCE OF PEOPLE LIVING URBAN AREA IN
TRINCOMALEE DISTRICT**



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ABSTRACT

This survey was measuring the "The survey on patterns of Physical Fitness maintenance of people living urban area in Trincomalee district". Many researchers have recognized the increasing trends in the usage of health & fitness which is influenced by many socio - cultural and other factors (Simone A French Mary Story and Robert W Jeffery, 2001, Jennifer H. Goldberg, Abby C. King, 2007, Tommy LS Visscher, Jacob C Seidell, 2001) but the patterns of physical fitness maintenance of people living in urban areas is not been discussed much. The main objective for the study is to find out the extent to which people of urban areas in Trincomalee maintain physical fitness, to find the methods used to maintain the physical fitness and also to find the forces which induce them to keep physical fitness.

The variables included in this survey were Purpose of physical fitness maintenance, Type of exercise, Fitness maintenance by personal characteristics and Extend of physical fitness maintenance. To measure these variables data collected from a sample of 150 physical fitness maintaining people from 10 GN Divisional areas using quota sampling technique. The collected data were analyzed using the univariate method. The data collected were presented in the form of tables, bar charts and pie charts. The data gathered were analyzed using the Microsoft package excel 2000 and SPSS 11.0 windows.

The findings showed that, most of the respondents are engaged in gym for tone their muscles and reduce the body weight. Reduce the body weight and make the body nice in shape are the main purposes of female respondents and muscular strength is the purpose of male respondents. Furthermore most of the respondents are highly induced by advertisement to engage in physical fitness activities and nearly half of people do not get support from their parents.

Therefore it is recommended that the youth, especially students must be directed by proper guidance of teacher or sports coaches at school level and awareness should be created among the people regarding importance of physical fitness.

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