

**“A comparative study to Assess the impact of gym-Based Exercises and Natural physical activities Among students of Acharya college, Bangalore”.**



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**Research Project Submitted To**

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**Gym-based exercises and natural physical activities Among students of acharya college, Bangalore”**. Is a genuine research work carried out by Mr. Ajith K Thomas, Mr. Akash Kumar, Ms. Aishwarya M, Ms. Abini Wilson, Mr. Adarsh Dileepkumar, Ms. Abhirami E Madhu, Mr. Abhilash Sunny, Mr. Abhinand MM, Mr. Akhil Biju, Ms. Yandhi Sherpa. In partial fulfilment of requirement for the Diploma of general Nursing and Midwifery under the guidance of Mrs. Shweta Ganapati Naik, Smt. Nagarathnamma School and College of Nursing, Bangalore.

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## **ABSTRACT**

**TITLE- “A Comparative study to assess the impact of Gym-based exercise and natural physical activities Among students of Acharya college, Bangalore”.**

Regular physical activity is a key determinant of health and well-being, especially among students who often experience academic stress, irregular routines, and sedentary lifestyles. Exercises patterns can be broadly divided into structured gym-based workouts and natural physical activities such as walking, jogging, cycling, and outdoor games. Gym-based exercise is associated with improved muscular strength, endurance and body composition, while natural physical activity contributes to cardiovascular fitness, flexibility, mental relaxation, and sustainable health practices. With the rising popularity of gym culture, students may overlook the benefits of natural physical activity, which is more accessible and cost-effective. This study aims to compare the impact of gym-based exercise versus natural physical activity on physical fitness, psychological health, and lifestyle practices of students at Acharya college, Bangalore. The findings are expected to provide insights into students’ exercise preference and highlight the importance of incorporating both structured workout and natural physical activities into daily life for overall well-being.

## **OBJECTIVES**

- To access the knowledge of students regarding gym-based exercise and natural physical activity.
- To access the attitude of students towards gym-based exercise and natural physical activity.
- To compare the attitude score of students towards gym-based exercise and natural physical activity.

## **MATERIAL AND METHOD**

A Comparative descriptive study was conducted among students of Acharya College, Bangalore. The sample consisted of 60 students selected by purposive sampling technique. A Structured questionnaire was used to collect data regarding knowledge based on gym workout and natural physical activity, regarding exercise patterns, physical health indicator. The Collected data was analyzed using descriptive and inferential statistics to determine the comparative impact of gym-based exercise and natural physical activity among students.

## **RESULT**

The study revealed that students engaged in gym-based exercises obtained a mean knowledge score of 10.7 SD 1.02 corresponding to a mean percentage of 71.33%. In comparison, who participated in natural physical activities scored a mean of 10.47 SD 1.20 with a mean percentage of 69.78%.

The mean difference between two groups was 0.23 and the calculated t-value of 3.46 with a corresponding p-value of 0.001 indicated a statistically significant difference between gym-based exercises and natural physical activities.

These finding suggests that while both gym-based and natural physical activity intervention improved knowledge and awareness levels among students, gym-based exercise demonstrated a slightly greater positive impact, as reflected in higher mean score and statistical significance.

## **CONCLUSION**

The study concluded that both gym-based exercise and natural physical activity contribute positively to students' health and well-being, though in different dimension. Gym-based exercise proved more effective in building muscular strength and improving physical appearance, whereas natural physical activity showed better result in maintain cardiovascular health, mental relaxation, and sustainability in daily life. These findings suggest that neither form of exercise is superior, but rather complementary. A balanced routine combining gym workouts with natural physical activity can provide comprehensive benefits. The study recommends that students be encouraged to adopt regular exercise habits- whether gym-based or natural physical activity- to improve overall fitness, reduce stress, and promote a healthy lifestyle.



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**“Alone we can do so little; together we can do so much”**

**-Helen Keller**

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