



Awareness Of Exercise Deficit Disorder And Its Prevention Among Parents Of School-Children Using Dichotomous Questionnaire: A Cross-Sectional Study

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ABSTRACT

Introduction: Exercise deficit disorder (EDD) describe as low level of physical activity in children and adolescents needed for the normal growth. Even in mealy absence in medication and any treatment lack of physical activity courses different ill effects on the body. childhood obesity, type 2 diabetes, lack of basis strength, similar to muscle dystrophy are some of the problems that may be observed. Hence to avoid most regular basic physical activity in growing age in compulsory. Knowledge of parents care takers and teachers plays important role in stimulating the children's. The approach basically depends on the knowledge of how parents make children make understand the importance if the daily basic physical activity. Therefore, the aim of the present study was to find awareness of Exercise Deficit Disorder in parents of school-going children and how to prevent it.

Method: 18 months cross sectional online mode survey was conducted to evaluate the awareness in parents of school-going children of age between 6-12 years about exercise deficit disorder and methods of its prevention.

Results: 20 Questions were asked in which IO questions were based on the awareness and the other IO were on prevention of exercise deficit disorder. The content validity was found to be satisfactory by construct validity. Other gender distribution and question interpretation was also done by statistics

Conclusion: In our study we concluded that, out of 269 Subject who participated in this study, 65.3% of population is not aware regarding the concept of Exercise Deficit Disorder as well as it's methods of prevention.

Keywords: Exercise deficit disorder, physical activity, children

INTRODUCTION

According to the World Health Organization, any moderate or vigorous activity by energizing muscles is called physical activity¹. The W.H.O suggests that moderate to intense physical activity to be performed at least 60 minutes a day for children's health-related benefits². More than or equal to 60 minutes a day of physical activity may have additional health benefits. Exercises that strengthen the muscles and bones at least 3 times a week can be included³. Physical activity promotion in children is a very necessary. Childhood is a vulnerable process Existence, which is determined by dynamics, Changes in the development of physiology and psychology, and the establishment of good or unhealthy conduct⁴. Benefits of regular and adequate levels of physical activity decrease the risk of elevated blood pressure, coronary artery disease, stroke, diabetes, cancer of various types (including breast and bowel cancer); Increases cardiorespiratory activity; Strengthens bones and joints,

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thereby strengthening bones and joints; It may also reduce the risk of depression and may help to improve sleep^{5,6}.

The phenomenon of inactivity should therefore be Avoid early childhood, perceived to be the most suitable duration for the development of a healthy lifestyle concerning motor behavior⁷. It is found that nowadays due to sedentary lifestyle students are less physically active⁸. There was some evidence that Physical activity is positively and that a sedentary lifestyle is inversely correlated with psychosocial Well-being, man⁹. Physical activity by children is decreasing these days. It may be attributed to growing sedentary ways of life, spending more time watching TV, playing video games, using laptops, biking or commuting to school for fewer children and inadequate physical education and other physical activity-dependent on schooling¹⁰.

To Prevent Exercise Deficit Disorder various exercises and approaches can be used such as group effort in the medical community a study suggests that connecting the medical world with the fitness community, starting with and culminating in medical education consultation and technical cooperation should be the vision of the future and focus on health care. Since several doctors are well placed to diagnose EDD in infants, a critical issue visit is possible to merge the relation between the health care practitioner and pediatric expert in the sport. To diagnose and treat fulfills many objectives¹¹.

The age of 7 to 17 is the main bony developmental age and the cumulative growth of the musculoskeletal system. 21 percent of children are coping with poor or no physical activities³. According Hanna-Reetta Lajunen to that the use of appliances such as computer and telephone decreased physical exercise contributing to obesity in children¹².

AIMS AND OBJECTIVES

The aim of the present study was to evaluate the awareness in parents of school-going children of age between 6- 12 years about exercise deficit disorder and methods of its prevention. Objective to the present study were determined as to evaluate awareness of Exercise Deficit Disorder in parents of school-going children and to evaluate awareness on how to prevent it in school-going children of age between 6-12 years. The research question framed was therefore "Are parents of school-going children aware about Exercise Deficit Disorder and its methods of prevention?"

METHODOLOGY

The present study was an Observational study that was framed for as duration of Study 18 months data collection period through different Source of social media through web-based Google form MCQ questionnaire in the Marathwada region. Study Population were parents of school -going children both Male and female between the age group of 6-12 years

255 sample entries were considered at the end of data collection period. Convention mode was adapted for the same considering inclusion criteria (participant should be parent of school -going children of age 6-12 years) and exclusion criteria (1. Parent with psychological illness. 2. Child with neuromuscular or psychological defect. 3. No interest/ knowledge of importance of exercises in children. 4. Participant unable to use electronic medium of communication.)

PROCEDURE

The development of the questionnaire was conducted on 7 steps, by survey design process for Medical Education Research. After the content validity of the components in the questionnaire, which was done by sending the questionnaire to 7 experts in various fields. After that it was checked for reliability by a pilot study of 10 participants. In this pilot study the web-based questionnaire was send to open ended participants in city of Aurangabad in Maharashtra state on Inclusion and Exclusion criteria. Response was collected to see the impact of newly developed scale. After the collection of raw data, the raw data was transferred into excel sheets and went under Statistical Analysis also to see the reliability and validity of the newly developed web-based questionnaire.

RESULTS

A study was conducted by using A questionnaire on awareness and prevention of exercise deficit disorder among parents. 20 Questions were asked in which 10 questions were based on the awareness and the other 10 were on prevention of exercise deficit disorder. Total 270 subjects were chosen whosever children were between the age group 6-12 years from all over Aurangabad.

For content validity the questionnaire was forwarded to 6 expertise in the specialization of physiotherapy, psychology, exercise therapist, pediatrician and a neuro physiotherapist. The content validity was found to be satisfactory by construct validity. For Reliability the Pilot Study was done on 10 subjects. Cronbach's alpha was used as measure for reliability of overall instrument on its psychometric aspect. In present study Cronbach's alpha results was 0.93. According to Cronbach's alpha 0.9 is closely related set, hence our instrument was considered to be highly valid and reliable. Parent participated in survey were between 24 56 years. Gender

distribution stated 63.7 % male parents and 36.3 % mothers participated in the study. Each question was answered by yes or no option that is displaced in percentile form in the figure 1.

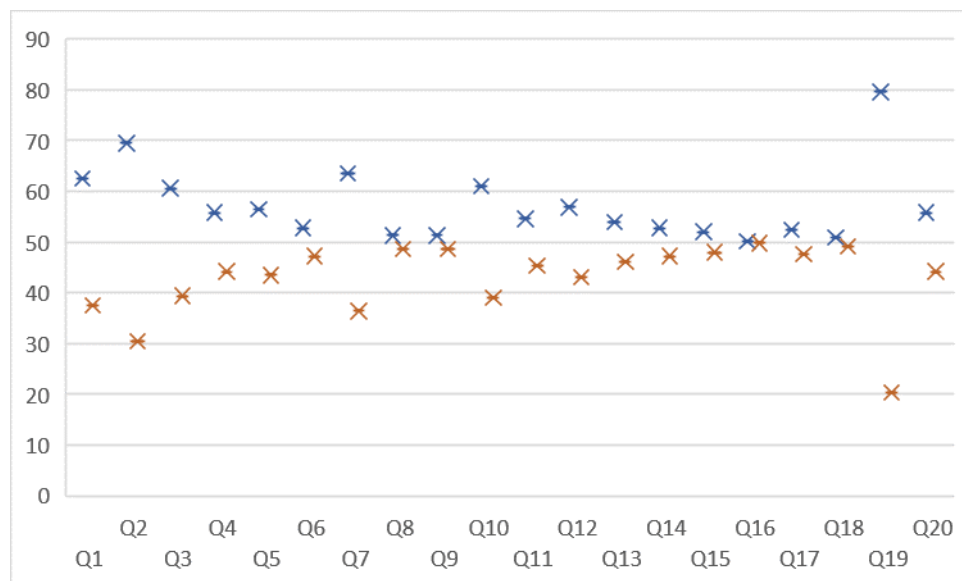


Figure 1: Response on Questionnaire on awareness and prevention of exercise deficit disorder among parents.

DISCUSSION

This study was done to find out the awareness of exercise deficit order and its methods of prevention in parents of school going children using a dichotomous questionnaire. After the responses were collected and the data analysis was done it was indicated that majority of parents were not aware or had less knowledge regarding the exercise deficit disorder.

The prevalence of sedentary lifestyles among children has been an escalating concern globally, leading to various health issues such as obesity, cardiovascular diseases, and mental health problems. A pivotal aspect of addressing these issues is the concept of Exercise Deficit Disorder (EDD), a term that underscores the deficiency of adequate physical activity in children. This study, "Awareness of Exercise Deficit Disorder and its Prevention among Parents of School-Children using Dichotomous Questionnaire: A Cross-Sectional Study," sheds light on the level of awareness among parents regarding EDD and its prevention. The findings revealed a significant gap in knowledge, highlighting the urgent need for effective educational interventions.

The study results indicated that a majority of parents were not familiar with the term Exercise Deficit Disorder. This lack of awareness is concerning, as parental knowledge and attitudes significantly influence children's behaviors and lifestyle choices. Parents who are unaware of EDD may not recognize the importance of regular physical activity for their children's health and development. Consequently, this can lead to a perpetuation of sedentary habits, increasing the risk of chronic health issues. The study underscores the critical need for public health initiatives to educate parents about EDD, its implications, and strategies for prevention.

Parental awareness and understanding of EDD are crucial for fostering an environment that promotes physical activity. Parents serve as role models and primary influencers in their children's lives. When parents are knowledgeable about the importance of physical activity and the risks associated with its deficiency, they are more likely to encourage and facilitate active lifestyles for their children. This includes enrolling children in sports, encouraging outdoor play, and setting limits on screen time. The study's findings suggest that enhancing parental knowledge through targeted educational programs could be a key strategy in combating the rise of sedentary behaviors among children.

Given the low level of awareness identified in the study, it is imperative to implement educational interventions aimed at parents. These interventions should provide comprehensive information about EDD, its health consequences, and practical ways to incorporate more physical activity into daily routines. Schools can play a vital role in this regard by organizing workshops and seminars for parents. Additionally, healthcare providers, such as pediatricians, can educate parents during routine health visits. The integration of educational materials into various media platforms can also reach a wider audience, ensuring that more parents are informed about EDD.

The study also highlights potential barriers to awareness and prevention of EDD. Socioeconomic factors, cultural beliefs, and lack of resources can impede parents' ability to prioritize physical activity for their children. For instance, parents from lower socioeconomic backgrounds may lack access to safe play areas or affordable sports programs. Cultural beliefs and practices may also influence attitudes toward physical activity, with some cultures placing less emphasis on its importance. Addressing these barriers requires tailored

strategies that consider the unique needs and circumstances of different populations. Policymakers must ensure equitable access to resources and opportunities for all children to be active.

FURTHER SCOPE OF THE STUDY

Future research should focus on exploring the most effective methods for increasing parental awareness of EDD and its prevention. Longitudinal studies could provide insights into the long-term impact of educational interventions on parental knowledge and children's physical activity levels. Additionally, research should examine the specific barriers faced by different demographic groups to develop targeted strategies for promoting awareness and prevention. Understanding the role of technology and digital media in disseminating information about EDD could also be beneficial. By building on the findings of this study, future research can contribute to more effective public health strategies for combating EDD.

CONCLUSION

The study concluded that out of the total 269 participants in the study, 60% of population wasn't aware about the exercise deficit disorder and 73.2% people were not aware regarding the preventive strategies of the disorder. In total, 65.3% of the total population was not aware regarding EDD and its methods of prevention. The study "Awareness of Exercise Deficit Disorder and its Prevention among Parents of School-Children using Dichotomous Questionnaire: A Cross-Sectional Study" reveals a significant gap in parental awareness of EDD and its prevention. This lack of knowledge poses a serious threat to the health and well-being of children, emphasizing the need for targeted educational interventions. Schools, healthcare providers, and community organizations must collaborate to educate parents and promote active lifestyles. Addressing barriers to awareness and prevention through tailored strategies and equitable access to resources is crucial. By prioritizing these efforts, we can work towards a future where children are healthier, more active, and free from the risks associated with Exercise Deficit Disorder.

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