



## Fitness and Wellness Lifestyles of the Personnel of Sultan Kudarat State University, Mindanao, Philippines

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### ABSTRACTS

Healthy lifestyle is imperative to every human. Thus, it is needed for them to move lively and healthily. It makes one to be totally fit and well in order to fight common diseases. It refreshes the mind to avoid feeling of depression and exhaustion. This study examined the fitness and wellness lifestyles and health condition of Sultan Kudarat State University (SKSU) Personnel. It employed descriptive correlational research design which includes survey questionnaire in collecting data from 100 personnel. The results revealed that walking or brisk walking was rated highest holding it at least "2 to 3 times a week" or interpreted as "fit" in fitness lifestyles while the wellness lifestyles of the personnel revealed that manicure obtained the highest, holding it at least "7 to 10 times a year" or interpreted as "satisfied". On the other hand, pulmonary disease obtained the highest holding it at least "less evident" a year or interpreted as "healthy". It implies that they are not very much healthy due to some factors such as not engaging in physical activities. However, there was no significant relationship between the health condition of fitness and wellness lifestyles since participating in different physical, mental, and social activities is very imperative in order to achieve the total fitness and to become holistically productive personnel. The study concluded that the Personnel continually upheld their healthy lifestyles. They actively sustained total fitness in life. These were replicated on the whole lenience to work and to demonstrate everyday tasks professionally without any health-related condition.

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## 1. INTRODUCTION

Human needs to move lively in order to get fit and healthy. It refreshes the mind to avoid feeling of depression and exhaustion. Further, it is essentially special for personnel to have physical fitness and wellness lifestyle. Physical activity is expected to lessen the risk from diseases (Reiner *et al.*, 2013). Thus, participating physical activity is the best answers to healthy lifestyles adding to most positive health, fitness and wellness (Ohuruogu, 2016). Further, the work contentment of employees is related with psychological and physical health (Kenioua *et al.*, 2016; Alfrey *et al.*, 2019). It is illustrated that physical and mental health of any worker may become one of the determinant factors of the work ability (Vedovato and Monteiro, 2014; Moulud, *et al.*, 2016). Hence, having healthy and active individuals are usually those with tougher immune system (Al-Amari and Al-Khamees, 2015).

Moreover, being positive can add to the presentation of physical health practices (Ayres *et al.*, 2010). Some studies have been conducted on healthy lifestyles of personnel in several schools. However, there was no similar study conducted in the personnel of Sultan Kudarat State University. It is on this context that the researcher thought of exploring the condition of fitness and wellness lifestyles and health condition of personnel of SKSU as guide for future physical fitness program for its employees.

An experiential exploration must be performed to gaze at the health condition with its relationship to the fitness and wellness lifestyles of personnel.

## 2. METHODS

The survey method used a questionnaire in gathering the data to examine the significant relationship between the health condition and fitness and wellness lifestyles of Sultan Kudarat State University (SKSU) Personnel. For the data analysis, after collecting the data, which are the distributed questionnaires and the borrowed documents on fitness lifestyles, wellness lifestyles, and health condition of personnel these were processed, presented, analyzed and interpreted parallel to the problem. The quantitative data was collected using survey questionnaires. Descriptive analysis was utilized using the frequency response distribution, which included the computation of mean. Descriptive Correlation Design (Conn, *et al.*, 2016) and Pearson Product Moment Correlation Coefficient (Vida, *et al.*, 2014) were utilized to explain the significant relationship between the health condition and fitness and wellness lifestyles of the SKSU personnel.

## 3. RESULTS AND DISCUSSION

Fitness and Wellness Lifestyles and Health Condition of Sultan Kudarat State University (SKSU) Personnel.

Data presented in **Table 1** reveal that out of the ten (10) indicators of fitness lifestyles given, walking or brisk walking was rated highest holding it at least "2 to 3 times a week" or interpreted as "fit". The least is swimming which is quite not fitted with this activity. It can be observed that the campuses are wide enough for the personnel to walk from the gate to the different offices while swimming pool is seldom available counting that SKSU does not have this facility per record. Recommendation of this facility is highly suggested for the AACUP.

Results shown in **Table 2** reveal that out of the ten (10) indicators of fitness lifestyles given, manicure obtained the highest mean of 3.58 and described as "7 to 10 times a year" or interpreted as "satisfied". On the other hand, Spa obtained the least mean of 1.95 and described as 2 to 3 times a year or interpreted as less satisfied. It implies that personnel

wellness lifestyles depend only within their capability as shown by the highest indicator which is manicure. Personnel prefer wellness activities or habits which are not time and effort consuming.

**Table 3** shows that out of the five (5) indicators of health condition given, pulmonary disease obtained the highest mean of 3.24 and described as “less evident” a year or interpreted as “healthy”. It implies that SKSU personnel are not very much healthy yet in a normal state except in some cases of hypertension per record from the Health Services Division. Hence, it is highly encourage that the personnel must engage regularly in physical activities.

**Table 4** revealed that there was no significant relationship between the health condition of fitness and wellness lifestyles since participating in different physical, mental, and social activities is very imperative in order to achieve the total fitness and to become holistically productive personnel. The result implies that the physical fitness of the SKSU personnel does not affect their health condition which indicates that some of the personnel may have acquired hereditary diseases. In addition, it also implies that the personnel are not very particular in performing exercise. On the other hand, wellness lifestyle of the SKSU personnel does not significantly affect their health condition. It implies that the personnel are not very particular in choosing wellness activities and are not engaging themselves to any activity they find comfortable with. It is also implied that their choice of wellness activity does not ensure being healthy.

**Table 1.** Level of fitness lifestyles of SKSU personnel.

Indicators	Mean	Description
Walking/brisk walking	3.80	2-3 times a week
Jogging	2.24	Once a week
Running	2.15	Once a month
Dance aerobics	2.04	Once a month
Bicycling	1.75	Not at all
Rope jumping	1.62	Not at all
Playing basketball	1.56	Not at all
Playing badminton	1.47	Not at all
Go to fitness gym	1.47	Not at all
Swimming	1.45	Not at all
<b>Grand Mean</b>	<b>1.96</b>	<b>Once a month</b>

**Table 2.** Level of wellness lifestyles of SKSU personnel.

Indicators	Mean	Description
Manicure	3.58	7 to 10 times a year
Pedicure	3.06	4 to 6 times a year
Beauty parlor	3.84	4 to 6 times a year
Meditation	2.73	4 to 6 times a year
Body massage	2.53	2 to 3 times a year
Check-up with physician	2.51	2 to 3 times a year
Saloon	2.45	2 to 3 times a year
Consultation with the dentist	2.25	2 to 3 times a year
Hair blackening/coloring	2.11	2 to 3 times a year
Spa	1.95	2 to 3 times a year
<b>Grand Mean</b>	<b>2.26</b>	<b>2 to 3 times a year</b>

**Table 3.** Level of health conditions of SKSU personnel.

Indicators	Mean	Description
Pulmonary disease	3.24	Less evident
Diabetes millitus	3.16	Less evident
Urinary tract infection	3.15	Less evident
Cardiovascular disease	3.05	Less evident
Hypertension	3.04	Less evident
<b>Grand Mean</b>	<b>3.13</b>	<b>Less evident</b>

**Table 4.** Relationship between health conditions and fitness and wellness lifestyles of SKSU personnel.

Variables	Person r	Decision	Interpretation
Personnel fitness lifestyles and health condition	0.12	Failed to reject Ho	Not significant
Personal wellness lifestyles and health condition	0.23	Failed to reject Ho	Not significant

level of significance  $\alpha$  0.05

#### 4. CONCLUSION

Based on the findings, the researcher concluded that the personnel of SKSU were quite fit, less satisfied, and not very much healthy. Therefore, as personnel they must regularly participate in fitness and wellness activities in order to avoid the health condition. The study indirect the personnel to continually uphold their healthy lifestyles to actively sustain total fitness in life. Moreover, engaging fitness and wellness activities can achieve physically, mental, emotional, and social. However, SKSU Personnel are advised to engage in activities that will help them improve or maintain their fitness and wellness lifestyle practices such as physical exercises, entertainment activities, and indoor games. Also, they are also encouraged to attend and update forums, seminars and workshops particularly in healthy lifestyles activities.

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#### 6. AUTHORS' NOTE

The authors declare that there is no conflict of interest regarding the publication of this article. Authors confirmed that the paper was free of plagiarism.

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