

Comparative Analysis of Facilities in Health and Fitness Clubs in Kanpur Lucknow and Allahabad

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Abstract

The purpose of this study was to find out whether there were any differences in the facilities offered by the health and fitness clubs in Kanpur, Lucknow and Allahabad. To achieve the purpose of this study, the investigators visited Kanpur, Lucknow and Allahabad cities. From these cities, they randomly selected three Health and Fitness centres, from each city. The questionnaire was prepared to collect details on the following broad areas: General Information, Details of Activities, Facilities and Achievements. The data presented is collected in person are classified, grouped and tabulated Percentage formula are used for the analysis of data. ANOVA was used to test the significance of the differences between means. It was concluded that the health centers have adequate buildings, space and facilities to run the events they choose and It was also concluded that the event management and achievement of the health centers were more than 68%, However, the differences in percentages among different cities, namely, Kanpur, Lucknow and Allahabad were not significant.

Keywords: Health club, Facilities.

Introduction

Fitness is a key to enjoy life. Exercise is an important of a total fitness programme. Modern living has taken all the exercise out of our lives and so in order to get fit and have to put it back again, regular exercise is necessary to develop and maintain an optional level of health, performance and appearance. It makes feel good, both physically and mentally. It gives psychological lift and strengthens a sense of accomplishment. Looking young is a reflection of good health. Regular physical exercise enhance the function of the joints; increase the sense of physical well-being and promotes a sense of feeling good; increases physical working capacity by increasing cardiorespiratory fitness, muscle strength and endurance and decreases the risk of serious diseases that could lead to early disability and death.

It helps to reduce body fat and overall weight and reduce blood pressure. Exercise ensures better digestion, respiration and efficient blood circulation. Proper exercise programme can reduce the probability of injuries among older people as well as back injuries among certain occupational group. Exercise tolerance is increased, risk factors are controlled and even progression and regression of coronary artery disease can be influenced by training and diet. Psychological effects include lessened depression and reduced anxiety. Regular physical activity is important for maintenance of health and may lead to a better quality of life. Training has to be followed not less than two to three hours per week in at least three sessions at an intensity corresponding to 60 to 85% of maximum heart rate achieved in a symptom limited maximum exercise test. Cardiac patients at high risk should exercise at lower intensities. Exercise occupies a leading role in keeping persons fit. It will be quite difficult to adjust one's life in term of stress, diet sleep and so on without proper exercise. Exercise means using and tuning the body. Exercise builds and maintains physical fitness.

Facilities Offered by Health Clubs

Unless the necessary facilities are provided, the programme will remain only on paper. Though physical activities is accepted as an essential part of man's life, no one lays emphasis on its importance. As such the facilities provided for physical education in India, particularly at different levels are very meager. To fulfill the health and fitness needs of the people, commercial ventures have come forward to provide facilities based on the need of the people, who are health conscious. There are very few health clubs in the country, which are serving people for those who can afford to pay for the services they are rendering. However, these health and fitness clubs became indispensable for quite a number of people. The following are the services offered by the health clubs: Main workout area, cardio area/theatre, group exercise classes, sports facilities, personal training, and other services including health-shops, snack bars, restaurants, child-care facilities, member lounges and cafes.

Review of Related Literature

William and Brownell (1956) state that, "local conditions and needs determine the type of facilities". Voltmer and Esslinger (1949) feel that "another factor which has adversely affected physical education programme is inadequate facilities". While describing the lack of facilities at elementary level, Humphery (1958) says, lack of facilities is a reason often given for inadequate programme of physical education at the elementary school level and often persons delegated the responsibility of setting up organized programme have become discouraged, because of an apparent lack of facilities. Voltmer and Esslinger (1949) are of the opinions that certain activities such as swimming, bowling golf, handball and tennis required specialized facilities which are extremely costly because of the high expense of many physical education facilities, they are often not provided any many worthwhile activities cannot be included in the programme. Probably more than only other single factor, the limitations imposed by inadequate facilities restrict the type of programme which might be offered. Hughes and French (1954) in dealing with problem of physical education say that "One of the major problems in promoting physical and athletic is, without question, that of providing adequate indoor and outdoor facilities. Every educational institution and every director, teacher and coach faces this problem in some degree. Sooner or later they are confronted with the need 1. To plan and construct new facilities. 2. To remodel and repairs old structures, or 3. To make the best possible use of existing buildings and grounds. William and Brownell (1956) state, problem of facilities and equipment clearly indicate the interrelationship of administration, supervision and instruction, emphasizing the need for mutual understanding and respect between there professional groups in the total responsibilities of the department to ensure appropriate tools with which to work. Bucher (1967) emphasizes "supplies and equipment needed in a school or college will vary according to certain influencing factors".

In this study, the investigator was interested to compare the facilities offered by the health and fitness clubs in Kanpur, Lucknow and Allahabad cities. To achieve the purpose of this study, the investigators visited Kanpur, Lucknow and Allahabad cities. From these cities, they randomly selected three Health and Fitness centres, from each city. The research tools selected for the purpose of completing the project is "the normative survey method". A questionnaire was prepared and issued to selected health and fitness centres. The questionnaire was prepared to collect details on the following broad areas: General Information, details of activities, facilities and achievements. The data presented is collected in person are classified, grouped and tabulated Percentage formula are used for the analysis of data. They are presented in tabular form. ANOVA was used to test the significance of the differences between means.

Results and Discussions

Table I shows varieties of infrastructure facilities are available with all the health centers, irrespective of the enrolment of the members. Of the 26 items, among three health centers only one center is having all the 26 items. Another one is having 23 items and the next one is having 16 items in Kanpur. In Lucknow, of the 26 items surveyed, one center is having all the 26 items, Another one is having 20 items and the next one is having 18 items. In Allahabad, of the 26 items survey, one center is having all the 26 items. Another one is having 23 items and the remaining one is having 16 items. The comparisons proved that the facilities available in all the three cities are fairly distributed and except in few cases all the health centers have adequate facilities.

Table-I
Details of Facilities Available for the Members in Health Centers

SI. No.	Facilities	Kanpur		Lucknow		Allahabad	
		No	%	No	%	No	%
1	Health Care Units	2	67	3	100	3	100
2	Aerobics	3	100	3	100	3	100
3	Weight Management	3	100	3	100	3	100
4	Weight Gain	3	100	3	100	2	67
5	Cardiovascular	3	100	3	100	3	100
6	Height Gain	1	33	2	67	1	33
7	Meditation	1	33	1	33	2	67
8	Massage	2	67	3	100	1	33
9	Steam Bath	2	67	3	100	1	33
10	Beauty Saloon	1	33	2	67	1	33
11	Parking	3	100	3	100	3	100
12	Air Conditioner	3	100	3	100	3	100
13	Music System	3	100	3	100	3	100

14	Nutrition Counseling	3	100	3	100	3	100
15	Changing Area with lockers	3	100	3	100	3	100
16	Juice Bar and Garden	2	67	3	100	1	33
17	Injury Gain	3	100	2	67	1	33
18	Figure Correction	2	67	3	100	1	33
19	Skin Nourishment	2	67	2	67	1	33
20	Spa Treatment	2	67	2	67	1	33
21	Steam Room	2	67	2	67	1	33
22	Yoga	2	67	1	33	2	67
23	Physical Therapy	2	67	3	100	3	100
24	Aqua Therapy	3	100	3	100	3	100
25	Sauna	2	67	3	100	3	100
26	TV / Screen	3	100	3	100	3	100

To find out the differences between the achievements the members gained between Kanpur, Lucknow and Allahabad city fitness and health centers, ANOVA was calculated and the results presented in Table II.

Table-II
Computation of Analysis of Variance in Number of Members Achieved their Purpose between Kanpur, Lucknow and Allahabad Health Centers (Scores in Percentages)

	Kanpur	Lucknow	Allahabad	Source of Variance	Sum of Squares	df	Mean Square	F
Mean	68.82	79.48	73.28	Between	573.20	2	286.60	2.19
				Within	3537.30	27	131.01	

F value required at 0.05 level with 2, 27 df = 3.35

As shown in Table II the Kanpur health centers achieved 68.82% satisfaction of its members, Lucknow health centers achieved 79.48% satisfaction of its members and Allahabad health centers achieved 73.28% satisfaction of its members. There existed differences between the cities. The differences were subjected to statistical treatment and it was found that the differences between the groups were not significant as the obtained F value of 2.19 was less than the required F value to be significant at 0.05 level.

Conclusions

Within the limitations and delimitations of this study, the following conclusions are drawn from this study: It was concluded that the health centers have adequate buildings, space and facilities to run the events they choose and It was concluded that the event management and achievement of the health centers were more than 68%, However, the differences in percentages among different cities, namely, Kanpur, Lucknow and Allahabad were not significant.

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