

Leisure Activity Pattern Among Non-Tribal Paramedical Male College Students of Tripura: A Cross-sectional Study

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Abstract

The present research aimed to study the leisure activity pattern among non-tribal paramedical male college students of Tripura. A total of 500 students participated voluntarily. The age (years) of the students is 19.4 ± 1.20 ; height (cm.) 160.2 ± 7.14 ; weight (Kg.) and BMI (Kg. / m^2) 22.4 ± 2.25 . Three prime leisure activities chosen by the students are internet surfing, physical exercise, and yoga. In net surfing, playing mobile games comes to the first category of choice, followed by viewing web series and watching movies. Most of the students uses the gym as their place of physical activity, while others do freehand exercise, football, and cricket playing. No serious health issues have been reported.

Keywords: Leisure Activity, Male Non-Tribal, College Students, Paramedical

Introduction

In the busy and demanding world of higher education, the value of extracurricular activities for college students cannot be overstated. The necessity for young minds to maintain a healthy work-play balance as they navigate the rigors of academic life and strive for excellence is becoming increasingly clear. Because they provide children with opportunities for relaxation, refueling, and personal growth, recreational activities are critical for promoting overall well-being in children. Outside of the classroom and study areas, leisure activities provide a vital way to unwind, be creative, and build relationships with others. This study looks at the variety of leisure activities that tribal male college students in Tripura engage in, emphasizing their value in promoting academic success, mental health improvement, and the overall development of well-rounded individuals.

So far, a large number of research from a variety of countries have examined the effect of extracurricular activities on college students' academic performance (Erinjeri & Lobo, 2023; Turkson et al., 2021; Leung & Lee, 2012). According to these experts, students' academic performance is enhanced by leisure activities of all kinds at all educational levels. More emphasis has been placed on the context and effects of leisure activities than on the many kinds of leisure activities themselves. By varying their leisure pursuits, students can uncover their latent talents as well as their areas of interest. Determining the cultural influence on a

student's life and activities is often made easier by the variety.

Several research works on leisure pursuits have been carried out on secondary school students in Spain (Álvarez Muñoz & Hernández Prados, 2023), French teenagers (Lieury et al., 2014), junior high school students in Ghana (Turkson et al., 2021), and numerous other student populations. The literature review data indicates that there is a lack of research on the leisure activities of male non-tribal college students studying paramedical science in Tripura. The present study team endeavoured to conduct a comprehensive analysis of the many recreational activities in which male non-tribal college students have shown interest and are now involved. This study will also emphasize the influence of culture on the subjects being studied.

Material and methods

Male college students between the ages of 19 and 21 who were selected from non-tribal groups were the subjects of this cross-sectional survey, which was conducted in paramedical colleges throughout West Tripura between January 2024 and March 2024. All of the subjects gave their informed consent, and the exclusion criteria included having at least one obese parent, taking medication for a condition for longer than three months, smoking and drinking regularly, having a history of diabetes mellitus in the family, and/or having genetic health issues. An anthropometric measurement tool and weighing machine are used to measure height (cm) and weight (kg) and compute their Body Mass Index (BMI). Leisure activity pattern was noted with the help of the face-to-face interview method. A total of 500 male non-tribal students have participated in this study.

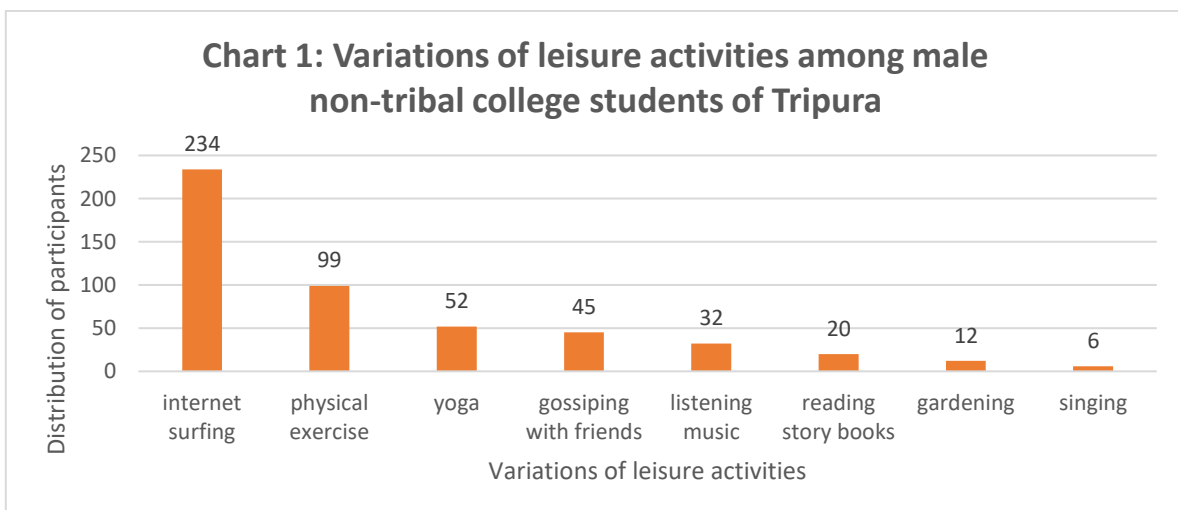
Results

A total of 500 non-tribal male students responded. The baseline characteristics of the students are given in

Table 1. Baseline health parameters of the subjects under study

Parameters	Value
Age (years)	19.4 ± 1.20
Height (cm.)	160.2 ± 7.14
Weight (Kg.)	53.1 ± 5.81
BMI (Kg./m ²)	22.4 ± 2.25

The variations of leisure time activities are shown in **Chart 1**.



It is clear from Chart 1 that the most involved leisure activity among the non-tribal male college students is internet surfing. Out of a total of 500 participants, 234 students are involved in the Internet during their leisure time which is 47% of the total students. Physical exercise is found to be the second most popular choice as a leisure activity. A total of 99 students i.e., 20% of students engage in physical activities which indicates good habits among students to stay fit. Fifty-two students (10% of the total) opted for yoga as their leisure activity which is again a good sign among students' health concerns. Almost 9% of student relax through gossiping with their friends during their leisure time. Listening to music is the fifth most popular leisure activity among paramedical male non-tribal students who participated in the study. Out of 500, 32 students (6%) love to listen to music in leisure time. Four percent of students like to read storybooks during their leisure. Gardening is opted by 12 students who constitute 2% of the total participating students. Singing is the leisure time activity of only 6 students (1%).

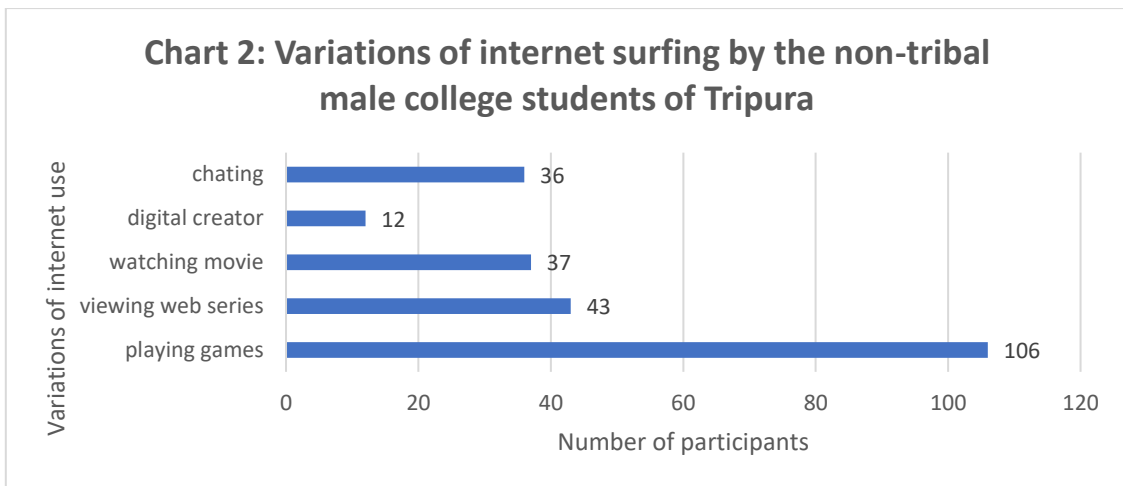


Chart 2 clearly shows the varieties of the Internet used by the participants in the survey. Out of 234 internet surfers, during leisure time, 106 students are interested in playing games on internet, which constitutes 45% of the total participants. Viewing different web series is the second most interesting leisure activity found among participants. Forty-three students view web series which is almost 18% of the total students. Chatting with friends and watching movies are also noted to be popular among various other leisure activities. Twelve students are found to be digital creators which constitutes 5% of the students in this category.

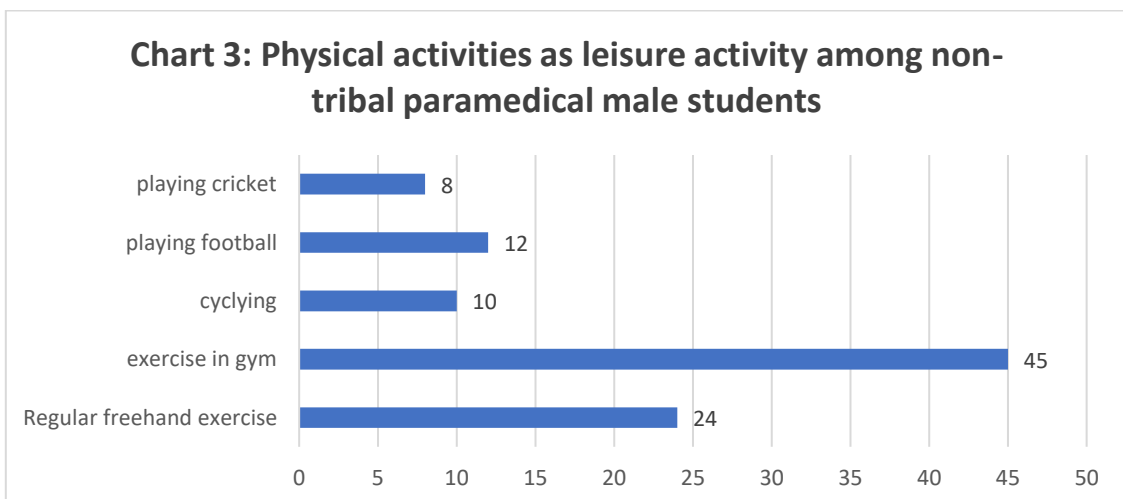


Chart 3 indicates the variety of physical activities students are interested in doing during their leisure time. Most of the students (45%) are interested in spending their time in the gym for physical fitness. Regular freehand exercise in the morning is done by 24% of students. The third most popular leisure activity was reported to be playing football in the field (12%). Cycling is the favorite leisure activity of 10 students out of 99 students. Only 8 students play cricket during their leisure time.

Discussion

The present study elaborates on the leisure activity profile of paramedical non-tribal male college students of Tripura. No study has been conducted so far on this important topic involving the present population. Leisure activities play a pivotal role in our lives, especially in the lives of students serving as an essential component of our well-being and overall happiness. Engaging in leisure activities allows us to unwind and relax providing a necessary break from the stresses and demands of daily life. Whether it is just reading a book, taking a walk in nature, or practicing a hobby, leisure activities offer a respite from the pressure of work and responsibilities. Leisure activity improves the quality of life.

A study was conducted by Sen et.al. (2024) regarding the leisure activity variation among tribal paramedical male college students of Tripura. Here is an opportunity to compare the outcome of the present study with that study on tribal paramedical college students. In both studies, the ages are very close, and body mass index (BMI) is within the normal range. Regarding the variations of leisure activities among tribal paramedical male students of that study and the present study, in both the cases internet surfing is the primary choice of leisure activities. In both studies involvement in physical exercise is of second choice. As shown in the study of Sen et.al. 2024, only 3 variations were reported by tribal paramedical male participants. However, in the present study, eight variations have been noted. Listening to music was the third and the last choice of the tribal paramedical college students but in the present study, it was noted that the non-tribal counterparts are interested in gossiping with friends, singing, gardening, etc., which reflects their more social involvement and creative mind than others.

If the comparison is made regarding the variations in internet surfing between the tribal paramedical male college-going students (study of Sen et.al. 2024) and the present study participants, maximum students opted for playing mobile games as their first choice, watching movies, being a digital creator, etc. are common in both cases. Playing mobile games continuously is not good for the health and mind, as put forward by many investigators from various corners of the world (Vasudevan et.al. 2016; Lan et.al. 2021; Ikechukwu, 2023). Variations in physical activities are also almost same for both tribal and non-tribal paramedical college students. Both categories are interested in playing football and cricket in the field during leisure time. Regular freehand exercise and bodybuilding in the gym were found only in the case of the participants of the present study.

Overall, no critical health issues have been reported by the participants of the present study. They reported enjoying their college life happily with all the ups and downs of daily life. The non-tribal male paramedical college students of the present study have good and friendly relationships with their tribal co-students. They maintain adjustable gestures in spite of having language and cultural barriers.

Conclusion

The present study reflects the leisure activity pattern of non-tribal male paramedical college students of Tripura. Internet surfing was noted to be the most popular leisure activity among the participants, followed by physical activities and yoga. In the internet surfing, playing mobile games comes to the first category

of choice, followed by viewing web series and watching movies. So the participants like to use the internet for entertainment purposes mainly. In physical activity category most of the students prefer to go to the gym to build body and stay fit. The rest of the participants reported doing regular physical exercise, cycling, football, and cricket playing in the field. No major health issues has been reported by the participants.

Limitations

The study samples are subject to limitations pertaining to age, educational attainment, and communal standing. The homogeneity of the samples may be reflected in the results. Samples from various age groups should be included in future research to provide a fair comparison with tribal counterparts. The study's scope was limited to the western region of Tripura. There may be additional regions included.

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