Knowledge and Practice of Walking Among the Teachers of Different School and Colleges of Digboi, Assam

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Abstract

Background: Walk is a less expensive automatic, intrinsic human function, harmonious, dynamic, aerobic activity of human skeletal muscle and is currently considered as the most popular body action with regards to common physical activity.

Objectives: The study aims to assess the knowledge and practice of walk, to find out association between knowledge of walk with selected demographic variables and to find out association between practices of walk with selected demographic variables.

Materials and Methods: The present study uses a non –probability convenient sampling technique and adopted Non-experimental quantitative descriptive survey design with 60 samples. The tools include Socio demographic   data, questionnaire on knowledge on walk, checklist on practice of walk.

Results: The findings revealed that   80% teachers had moderate   level of knowledge, while 13.33% had inadequate knowledge and 6.67% had adequate knowledge on walk. No significant association was found between level of knowledge and practice with demographic variables. Among the teachers 81.67% teachers had moderate practice, while 10%   teachers had adequate practice and 8.33%) teachers had inadequate practice on walk.

Conclusion: The study concluded that the teachers of Schools and Colleges need to make aware about the benefits of walk which will increase the practices of walk among the teachers.

Keywords: Knowledge, practice, walk, activity, teacher, School, College.

INTRODUCTION

Walk is an habitual, natural human function, lively, activity of large skeletal muscle that confers the varied benefits. Faster walking than habitual in a regular way in sufficient quantity helps to develops and sustains physical fitness i.e. The cardiovascular capacity and strength for bodily work . [1]

Walking is widely recognized as the most popular form of physical activity globally, mainly because it's easily accessible, requires no special equipment, and is considered one of the least expensive ways to exercise, making it attainable for most people. [2]   It is rarely linked with physical injury and can easily adapted by people of different ages, including those who have never participated in physical activity. Simple diet and simple exercise like walking is effective for improving the cardio-respiratory fitness in

older people and cardiac patients.[3]

"Walking among teachers" typically refers to a practice where school administrators or other educational leaders physically move around the school building while observing classrooms, interacting with teachers, and assessing the quality of instruction during ongoing lessons, often called "learning walks" – is an essential method of informal classroom learning and observation that allows for a more natural and dynamic view of teaching learning practices. [4]

Research on walk among teachers can provide valuable insights into various aspects of their professional lives. Understanding the impact of walk on teachers can contribute to –

- **Physical and mental well-being-** Investigating the benefits of walk can shed light on how it positively affects teachers' physical health and mental well-being. This, in turn, may lead to improved job satisfaction and productivity.
- **Stress reduction-** Exploring the connection between walk and stress reduction among teachers can help identify effective strategies for managing the often demanding and stressful nature of their work.
- **Enhanced cognitive function-** Research can examine how regular walk influences cognitive functions, potentially leading to improved concentration, creativity, and overall cognitive performance in the classroom.
- **Work-life balance-** Studying walking habits can contribute to understanding how teachers can integrate physical activity into their daily routine, fostering a healthier work life balance.

Therefore researches done on the walking habits among the teachers will be beneficial for the teachers to promote their well-being, enhance job satisfaction and ultimately contribute to a more positive and effective educational environment.

Materials and methods:

A descriptive approach and a non experimental quantitative descriptive survey design were chosen to describe and analyze the levels of knowledge and practices of the teachers.

Sample size: In this study a sample size of proportionate to population size were taken i.e. 60 teachers from three educational institute who were accessible at the time of data collection. These are Digboi college, Digboi Mahila Mahavidyalaya, Soumar Vidyapith,Digboi.

Ethical consideration:

The study was carried out after obtaining ethical clearance from the ethics committee, Institute of Neurological Sciences, GNRC Complex, Dispur, Guwahati -06, Reg No-ECR/778/Inst/AS/2015/RR-22 (Drugs Controller General of India); Reg No-EC/New/INS/2023/3358 (Department of Health & Family welfare). During the time of data collection, the participants were informed about the objectives of the study, and informed consent was secured. The confidentiality of participants' data was upheld consistently, and their choice to withdraw from the study at any moment was acknowledged.

DATA COLLECTION PROCEDURE AND STATISTICAL ANALYSIS

The data collection for this research study was conducted among the teachers of Digboi college, Digboi Mahila Mahavidyalaya, Soumar Vidyapith, Digboi. Formal administrative permission was sought from the principal of the respective institutions. The participants were selected through non –probability convenient sampling technique. The teachers who were present during the time of data collection were

involved in the study. The purposes of the study were explained to the participants and informed consent was taken before providing the questionnaires. It took 10-15 minutes to complete the questionnaires answered by the participants and answered questionnaires were collected in the same sitting. Checklist on the practice of walk also distributed to the participant after collecting the answered questionnaire. Responses were collected within 8-12 minutes of distribution.

After the collection, the data were organized, tabulated and interpreted using descriptive and inferential statistics. Statistical plan for data analysis were as follows-

Descriptive statistics

- Frequency and percentage distribution was used for demographic data.
- Frequency and percentage distribution was used to analyze the practice and knowledge on walk.
- Mean and standard deviation of knowledge scores of the participants were analyzed according to demographic variables.

Inferential statistics

Chi – square test was used to determine the association between knowledge on walk and demographic variables; and between practice of walk and demographic variables.

Results
Demographic characteristics of the teachers:
PRESENTATION OF DATA:

SECTION 1: Description of demographic variables of teachers of Digboi College , Digboi Mahila Mahavidyalaya, Soumar Vidyapith , Digboi .

TABLE 1.1 Demographic variables of teachers of Digboi College, Digboi Mahila Mahavidyalaya,SoumarVidyapith,Digboi. N=60

SL NO.	DEMOGRAPHIC VARIABLES	FREQUENCY	PERCENTAGE
1.	AGE IN YEARS-		
	20-30 years	14	23.33%
	30-40 years	22	36.66%
	40-50 years	8	13.33%
	50-60 years	16	26.66%
2.	GENDER –		
	Male	19	31.66%
	Female	41	68.33%
	Others	0	
3.	EDUCATIONAL QUALIFICATION-		
	HSLC		
	HS	0	0
	Graduate	0	0

	Post graduate and above	5	8.33%
4.	TYPE OF JOB PERFORMED- Government	55	91.66%
	Private	51	85%
	Semi – government	0	0
	Contractual	0	0
5.	INCOME – <10,001 Rs	9	15%
	10,002 – 29,972 Rs	01	1.66%
	29,973-49,961 Rs	8	13.33%
	49,962- 74,755 Rs	8	13.33%
	74,756-99,930 Rs	11	18.33%
	99,931-199,861 Rs	10	16.66%
	>199,862 Rs	13	21.66%
6.	MARITAL STATUS- Unmarried	9	15%
	Married	18	30%
	Divorce	42	70%
	Widow	0	
	Widower	0	
7.	TYPE OF FAMILY – Nuclear family	0	
	Joint family	46	76.66%
	Extended family	12	20%
8.	NUMBER OF CHILDREN- 1	2	3.33%
	2	20	33.33%
	3	14	23.33%
	More than 3	1	1.66%
	No children	0	41.66%
		25	18.33%
9.	AGE OF YOUR CHILDREN 0-10	11	15%
	10-20	9	23.33%
	20-30	14	43.33%
10.	PLACE OF RESIDENCE- Urban	30	
	Rural	16	50%
	Semi-urban	14	26.66%
			23.33%
11.	CO-MORBIDITY- Hypertension	4	
	Diabetes mellitus	3	6.66%
		2	5%

	Arthritis	51	3.33%
	Others		85%
12.	SOURCE OF INFORMATION ON WALK-	13	
	Newspaper	5	21.67%
	Journals	11	8.33%
	Peer groups	31	18.33%
	Social media		51.67%

Table 1.1 shows that maximum i.e. 37% of teachers belong to 30-40 years age group, 27% of teachers belong to 50-60 years age group, 23% of teachers belongs to 20-30 years age group, 13% of teachers belong to 40-50 years age group.

In gender it shows that maximaum i.e. 68% of teachers belongs to female gender and 32% of teachers belongs to male gender and no teachers were there who were belongs to other gender.

In education it shows that maximum i.e. 92% of teachers were post graduate and above and 8% of teachers were graduate,

In type of job performed it shows that maximum 85% of teachers perform government job and 15% of teachers performed contractual job.

In income it shows that maximum i.e. 22% of teachers having income 99,931-199,861; and 18% of teachers having income 49,962-74,755; 13% of teachers having income 10,002-29,972 and 29,973-49,961 , 17% of teachers having income 74,756-99,930 , 15% of teachers having income >199,862. 2% of teachers having income <10,001,

In marital status, it shows that maximum i.e. 70% of teachers were married and 30% of teachers were unmarried and no teachers were with divorce and widow.

In type of family it shows that maximum i.e. 77% of teachers belongs to nuclear family, 20% of teachers belongs joint family and 3% of teachers belong to extended family.

In number of children, it shows that maximum i.e. 42% of teachers were with no children, 33% of teachers were with one child, 23% of teachers were with two children, 2% of teachers were with three children.

In age of children, it shows that maximum i.e. 43% of teachers had children with the age group of 20-30 years of age, 23% of teachers had children with the age group of 10-20 years and 15 % of teachers had children with the age group of 0-10 years of age.

In place of residence it shows that maximum i.e. 50% of teachers were reside in urban areas, 27% of teachers reside in rural areas and 23% of teachers reside in semi- urban areas.

In co morbidity, it shows that maximum i.e. 85% of teachers had other co-morbid conditions,

7% of teachers had hypertension, 5% of teachers had diabetes mellitus, 3% of teachers had arthritis,

In source of information on walk it shows that maximum i.e. 52% received information from social media. 22% of teachers received information on walk from newspaper, 18% received information on walk from peer groups, 8% received information from journals.

SECTION 2: Description on assessment of level of knowledge on walk and practice of walk among the teachers of Digboi College, Digboi Mahila Mahavidyalaya, Soumar Vidyapith, Digboi.

TABLE 1.2 level of knowledge on walk and practice of walk among the teachers of Digboi College, Digboi Mahila Mahavidyalaya, Soumar Vidyapith, Digboi. N=60

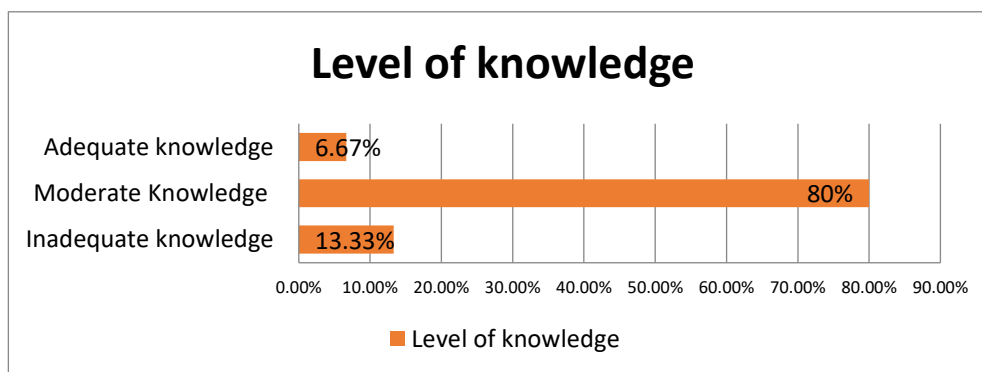| SL NO.	LEVEL OF KNOWLEDGE	FREQUENCY(f)	PERCENTAGE %
1	Adequate knowledge (13-16)	4	6.67%
2	Moderate knowledge (8-13)	48	80%
3	Inadequate knowledge (0-8)	8	13.33%
	Total	60	100%

FIGURE 2.1: Percentage distribution of samples on level of knowledge on walk

TABLE 1.2 and FIGURE 2.1 depict that maximum number of teachers i.e. 48 (80%) had moderately adequate knowledge, 8(13.33%) had inadequate knowledge and 4 (6.67%) had adequate knowledge on walk.

SECTION 3: Description on assessment of level of practice on walk among the teachers of Digboi College, Digboi Mahila Mahavidyalaya, Soumar Vidyapith, Digboi. N=60

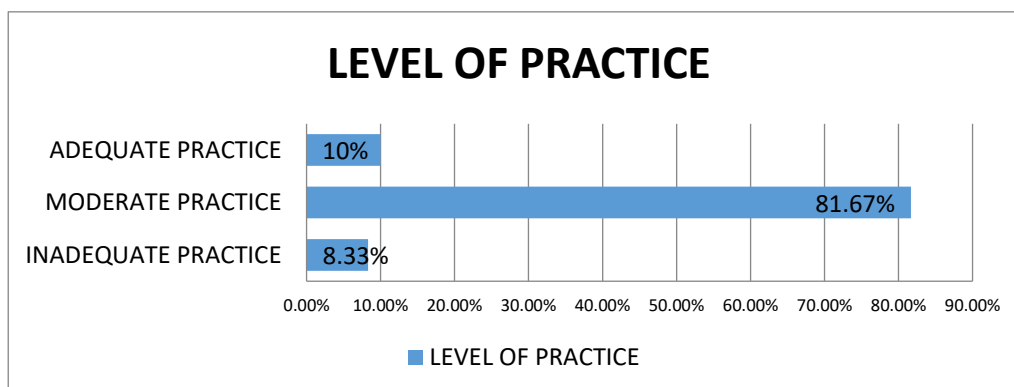| SL NO.	LEVEL OF PRACTICE	FREQUENCY	PERCENTAGE
1	Inadequate practice (0-5)	5	8.33%
2	Moderate practice (5-9)	49	81.67%
3	Adequate practice (9-12)	6	10%
	Total	60	100%

FIGURE 2.2: Percentage distribution of samples on level of practice of walk.

SECTION 3: Association between level of knowledge on walk among teachers of Digboi College, Digboi Mahila Mahavidyalaya , Soumar Vidyapith , Digboi with selected demographic variables .

TABLE: 1.4

SL NO	DEMOGRAPHIC VARIABLES	LEVEL OF KNOWLEDGE						X^2 VALUE	SPECIFIC/ NON - SPECIFIC
		ADEQUATE		MODERATE		INADEQUATE			
1	AGE IN YEARS	f	%	f	%	f	%	X^2 = 5.546 DF=6 Tabulated value =12.59	NS
	20-30	0	0	10	16.66	4	6.66		
	30-40	2	3.33	18	30	2	3.33		
	40-50	1	1.66	7	11.66	0	0		
	50-60	1	1.66	13	21.66	2	3.33		
2	GENDER							X^2 = 2.042 Df= 4 Tabulated value = 9.49	NS
	Male	0	0	16	26.66	3	5		
	Female	4	6.66	32	53.33	5	8.33		
	Others	0	0	0	0	0	0		
3	EDUCATIONAL QUALIFICATION							X^2 = 3.545 Df=6 Tabulated value = 12.59	NS
	HSLC	0	0	0	0	0	0		
	HS	0	0	0	0	0	0		
	Graduate	0	0	3	5	2	3.33		
	PG & above	4	6.66	45	75	6	10		
4	TYPES OF JOB PERFORMED							X^2 = 4.117 Df=6 Tabulated value = 12.59	NS
	Government	4	6.66	42	70	5	8.33		
	Private	0	0	0	0	0	0		
	Semi – government	0	0	0	0	0	0		
	Contractual	0	0	6	10	3	5		
5	INCOME PER MONTH (Rs)							X^2 =13.585 Df= 12 Tabulated	NS
	<10001	0	0	1	1.66	0	0		
	10,002-29,972	0	0	5	8.33	3	5		

	29,973-49,961	2	3.33	5	8.33	1	1.66	value= 21.03	
	49,962-74,755	0	0	11	18.33	0	0		
	74,756-99,930	1	1.66	8	13.33	2	3.33		
	99,931-199,861	0	0	11	18.33	1	1.66		
	>199,862	1	1.66	7	11.66	1	1.66		
6	MARITAL STATUS							X^2 =1.964 Df= 8 Tabulated value= 15.51	NS
	Unmarried	0	0	15	25	3	5		
	Married	4	6.66	33	55	5	8.33		
	Divorced	0	0	0	0	0	0		
	Widow	0	0	0	0	0	0		
	Widower	0	0	0	0	0	0		
7	TYPE OF FAMILY							X^2 =6.232 Df=4 Tabulated value=9.49	NS
	Nuclear	4	6.66	38	63.33	4	6.66		
	Joint	0	0	8	13.33	4	6.66		
	Extended	0	0	2	3.33	0	0		
8	NO OF CHILDREN							X^2 =2.341 Df= 8 Tabulated value= 15.51	NS
	1	1	1.66	17	28.33	1	1.66		
	2	1	1.66	11	18.33	2	3.33		
	3	0	0	1	1.66	0	0		
	>3	0	0	0	0	0	0		
	No children	2	3.33	19	31.66	5	8.33		
9	AGE OF CHILDREN (IN YEARS)							X^2 = 5.705 Df= 6 Tabulated value= 9.49	NS
	0-10	0	0	11	18.33	0	0		
	10-20	0	0	8	13.33	1	1.66		
	20-30	2	3.33	10	16.66	2	3.33		
	No children	2	3.33	19	31.66	5	8.33		
10	PLACE OF RESIDENCE							X^2 = 7.417 Df = 4 Tabulated value = 9.49	NS
	Urban	3	5	23	38.33	4	6.66		
	Rural	0	0	16	26.66	0	0		
	Semi- urban	1	1.66	9	15	4	6.66		
11	COMORBIDITY							X^2 = 7.096 Df= 6 Tabulated value 12.59	NS
	Hypertension	0	0	4	6.66	0	0		
	Diabetes meliitus	1	1.66	2	3.33	0	0		

	Arthritis	0	0	1	1.66	1	1.66	
	Others	1	1.66	41	68.33	7	11.66	
12	SOURCE OF INFORMATION ON WALK							X^2 = 6.407 Df=6 Tabulated value=12.59
	Newspaper	1	1.66	10	16.66	2	3.33	
	Journals	0	0	5	8.33	0	0	
	Peer groups	2	3.33	9	15	0	0	
	Social media	1	1.66	24	40	6	10	

Table 1.4: shows that there is no significant association between knowledge on walk and selected demographic variables among the teachers of Digboi College, Digboi Mahila Mahavidyalaya, Soumar Vidyapith, Digboi.

SECTION 4: Association between practice of walk with selected demographic variables of the teachers of Digboi College, Digboi Mahila Mahavidyalaya, Soumarvidyapith.

TABLE 1.5:

Sl. No.	DEMOGRAPHIC VARIABLES	LEVEL OF PRACTICE OF WALK						X^2 VALUE	NS/S
		ADEQUATE		MODERATE		INADEQUATE			
		f	%	f	%	f	%		
1	AGE IN YEARS							X^2=11.044 Df=6 Tabulated value= 12.59	NS
	A)20-30	1	1.66	13	21.66	0	0		
	B)30-40	5	8.33	15	25	2	3.33		
	C)40-50	0	0	8	13.33	0	0		
	D)50-60	0	0	13	21.66	3	5		
2	GENDER							X^2=0.91 Df= 4 Tabulated value= 9.49	NS
	A)MALE	1	1.66	16	26.66	1	1.66		
	B)FEMALE	5	8.33	33	55	4	6.66		
	C)OTHERS	0	0	0	0	0	0		
3	EDUCATIONAL QUALIFICATION							X^2=5.677 Df= 6 Tabulated value= 12.59	NS
	A)HSLC	0	0	0	0	0	0		
	B)HS	0	0	0	0	0	0		
	C)GRADUATE	2	3.33	3	5	0	0		
	D)POST GRADUATE AND ABOVE	4	6.66	46	76.66	5	8.33		
4	TYPE OF JOB							X^2=6.939 Df=6 Tabulated value=	NS
	GOVERNMENT	3	5	43	71.66	5	8.33		
	PRIVATE	0	0	0	0	0	0		
	SEMI	0	0	0	0	0	0		

	GOVERNMENT						12.59	
	CONTRACTUAL	3	5	6	10	0	0	
5	INCOME							X^2=12.328	NS
	A)<10,001	0	0	1	1.66	0	0	Df = 12
	B)10,002 – 29,972	1	1.66	7	11.66	0	0	Tabulated
	C)29,973- 49,961	3	5	5	8.33	0	0	value=21.03
	D)49,962- 74,755	0	0	10	16.66	1	1.66	
	E)74,756- 99,930	1	1.66	9	15	1	1.66	
	F)99,931- 199,861	1	1.66	10	16.66	1	1.66	
	G)>199,862	0	0	7	11.66	2	3.33	
6	MARITAL STATUS							X^2=0.755	NS
	A)UNMARRIED	1	1.66	15	25	2	3.33	Df=8
	B)MARRIED	5	8.33	34	56.66	3	5	Tabulated
	C)DIVORCED	0	0	0	0	0	0	value=
	D)WIDOW	0	0	0	0	0	0	15.51
	E)WIDOWER	0	0	0	0	0	0	
7	TYPE OF FAMILY							X^2=5.844	NS
	A)NUCLEAR	5	8.33	37	61.66	4	6.66	Df=4
	B)JOINT	1	1.66	11	18.33	0	0	Tabulated
	C)EXTENDED	0	0	1	1.66	1	1.66	value= 9.49
8	NO. OF CHILDREN							X^2=5.11	NS
	A)1	4	6.66	14	23.33	1	1.66	Df=8
	B)2	0	0	12	20	2	3.33	Tabulated
	C)3	0	0	1	1.66	0	0	value=
	D)>3	0	0	0	0	0	0	15.51
	E)NO CHILDREN	2	3.33	22	36.66	2	3.33	
9	AGE OF CHILDREN							X^2=5.122	NS
	A)0-10 YEARS	2	3.33	9	15	0	0	Df=6
	B)10-20 YEARS	2	3.33	7	11.66	1	1.66	Tabulated
	C)20-30 YEARS	0	0	11	18.33	2	3.33	value=
	D)N/A	2	3.33	22	36.66	2	3.33	12.59
10	PLACE OF RESIDENCE							X^2=5.023	NS
	A)URBAN	3	5	26	43.33	1	1.66	Df=4
	B)RURAL	1	1.66	14	23.33	1	1.66	Tabulated
	C)SEMI-URBAN	2	3.33	9	15	3	5	value =9.49
11	COMORBIDITY							X^2=5.367	NS
	A)HYPERTENSION	0	0	3	5	1	1.66	Df=6
	B)DIABETES MELLITUS	0	0	2	3.33	1	1.66	Tabulated value=

	C)ARTHRITIS	0	0	2	3.33	0	0	12.59	
	D)OTHERS	6	10	42	70	3	5		
12	SOURCE OF INFORMATION							X^2=3.441 Df= 6 Tabulated value = 12.59	NS
	A)NEWSPAPER	1	1.66	10	16.66	2	3.33		
	B)JOURNALS	0	0	5	8.33	0	0		
	C)PEER GROUPS	1	1.66	10	16.66	0	0		
	D)SOCIAL MEDIA	4	6.66	24	40	3	5		

TABLE 1.5 Depict that there is no significant association between practice of walk with selected demographic variables of the teachers of Digboi College, Digboi Mahila Mahavidyalaya and Soumar vidyapith.

DISCUSSION:

The first objective of the study was to assess the knowledge regarding walk among teachers in different school and colleges of Digboi and it was found that most of the of teachers shows moderate level of knowledge i.e. (80%) on walk. The findings of this study also similar to the study done by Kristy Howells & Catherine Meehan where it was suggested that there was a lack of confidence in knowing what to do to support and sustain physical activity. [5]

The second objective of the study was to assess the practice of walk among the teachers in different schools and colleges of Digboi and it was found that most of teachers had moderate level practice i.e. (81.67%) of walk. The findings of the present study may be compared with the findings of the study conducted by Audrey S et.al to promote 'walk for work' among the employer and it was revealed that the majority of the participated employers were unclear about how to give practical support for employees.[6]

The third objective was to find out association between knowledge on walk with selected demographic variables and it was found that there was no significant association between knowledge on walk and selected demographic variables among the teachers of Digboi College, Digboi Mahila Mahavidyalaya, Soumar Vidyapith, Digboi. Theses findings of the study can be compared with the findings of the study conducted by Temuco, Chile where it was found an association between knowledge about walking and several demographic variables. [7]

The fourth objective was to find out association between practices of walk with selected demographic variables and it was found non-association between level of knowledge and practice and the selected demographic variables. The calculated chi – square value were less than tabulated value, so it was evident that there was no significant association between level of knowledge and practice with selected demographic variables

The findings of the study can be compared with the findings of the study done by Hyo Young Lee et.al where it was found that walking practices increased more among high-income people than among low-income people.[8]

The findings of the study can be compared with the findings of the study done by Harmandeep Singh et.al where it was explored a new fact that being a hostler is significantly associated with low levels of physical activity among university students. From this findings it can be assumed that place of living and type of family significantly associated with the practice of walking. [9]

CONCLUSION

Walking is the most inexpensive physical activity that almost all ages of individual can perform to keep themselves physically active. However, sometimes due to no reason human beings are very reluctant to carry out this activity habitually. Though all individual aware about the benefits of walking but not practicing the walking regularly. This may be due to laziness or too busy in their working life or family life. The researcher of the present study desired to reveal this among the teachers of Digboi. This findings of this study revealed that the knowledge on walk among the teachers of Digboi College, Digboi Mahila Mahavidyalaya and Soumar vidyapith were in moderate level of knowledge and found moderate level of practices of walk. Therefore, the researcher of this study recommend that creating more and more awareness among the people and enthusiastic instruction, motivation and engagement may increase the level of practices of walking.

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