

The relation between the time of low physical activity with physical activity level and some physical factors of elementary school girls in public schools and private schools in Rasht city

Sakineh Sojoudi Jourkouyeh*,

Obesity is one of the main health problem in all age categories including kids. The purpose of current research was investigating the relation between the time of low physical activity with physical activity level and some physical factors of elementary school girls in public schools and private schools in Rasht city. For this purpose, 300 students public schools and 200 students private schools in Rasht city were ed by non-random & took part in this study. The tools of gathering information were include: RAPA questionnaire for calculating physical activity level and self-report questionnaire about spent time ted to low physical activities like watching TV, playing with computers and cellphones, listening to music and so on three days in a week (one day off and two days work). Meanwhile fat mass indexes, fat free mass, BMI, systole and diastole blood pressure were measured in this study. Descriptive statistics were used to analyze the data and normal distribution of data was investigated through Colmogroph-Smirnoph Test. Statistical method was Spearman correlation and Kruskal-Wallis method was used to compare the two groups. The results in this study showed that the time of low physical activities and physical activity had an inversely and low to moderate relation in both public and private schools. Also body mass index, fat percent and systole blood pressure had a direct and low to moderate relation with the time of low physical activities in both public and private schools ($p > 0.05$). While it didn't have any relation with diastole blood pressure in public and private schools ($p > 0.05$). Other results in this study indicate that there was a significant difference between body activity index and body mass

index in public and private schools ($p \leq 0.05$), while the time of low physical activities had no differences in both schools. Conclusion: Fat percent, systole blood pressure and BMI had a positive and significant relationship with the time of low physical activities. Another findings of this study are significant differences in physical activity and body mass index among public schools and private schools.

Keywords : low physical activities, physical activity, physical factors, elementary school girls.

[Islamic Azad University, Rasht Branch - Thesis Database](#)
[دانشگاه آزاد اسلامی، واحد رشت - سامانه بانک اطلاعات پایان نامه ها](#)