



Effects of Daily Routine Work on Motor Fitness of Working Women of Age 40 to 50 Years of Urban Area of Faridabad District, Haryana

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Abstract

The research investigates how motor fitness is affected in women, in Faridabad district of Haryana. Motor fitness itself is the general well-being of a person, which includes strength, flexibility, endurance, speed, and coordination. This study determines motor fitness through various factors like social and economic status, lifestyle, daily routine work, and physical activity. With a mix of both qualitative and quantitative methodologies, data gathering was accomplished using self-administered questionnaires, physical fitness assessments, and interviews conducted with local health practitioners. Effect of culture, housework, and work stress on motor fitness of women will also be looked into. And, through an investigation into the barriers and catalysts of physical activities and the resulting recommendations will be offered towards developing evidence-based interventions to enhance motor fitness in women in the region, hence enhancing overall health outcomes in the community.

Keywords: *Social Media, Networking, Professional Growth, Personal Branding, Digital Communication.*



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1. INTRODUCTION

Motor fitness entails physical fitness that plays an important role in people's quality of life. It ranges from strength and flexibility to speed and coordination and cardiovascular endurance-all very important for an individual's daily functioning and long-term health. In India, especially in semi-urban areas like Faridabad, women's health and fitness generally do not take precedence owing to socio-cultural and economic

reasons. Daily routine work, including household chores and care-giving responsibilities, has most often replaced structured physical exercise, producing a nontypical balance of fitness levels. Faridabad, with an urban-rural mix lifestyle, is unique in the National Capital Region (NCR). The rapid urbanization has introduced new occupational structures and lifestyle patterns. However, in these semi-urban parts of India, the traditional roles still inhibit women to a certain

extent. The dual personalities thus create severe complicated systems connected to motor fitness. It is thus necessary to analyze daily routines, lifestyle changes, and their impact on motor fitness in such semi-urban spaces to understand better the public health programmers targeting the population in that space.

The World Health Organization (2020) has made it known that insufficient physical activity causes the attack of non-communicable diseases including cardiovascular diseases, diabetes, and certain cancers, a vicious cycle in the case of women facing barriers to their physical activity. This specific research intends to fill that gap and explore the effect daily routines exert on motor fitness among the females of Faridabad.

2. LITERATURE REVIEW

Motor fitness generally pertains to her potential for sound physical health and well-being. Regular exercise strengthens motor functions, and benefits physical and general health as per the studies of **Singh et al. (2018)** and **Sharma and Gupta (2017)**. However, majorly, women depend on daily routine work to get any activity, which, more often than not, lacks that diversity and intensity necessary for complete physical fitness. **Choudhary and Bansal (2020)** mentioned that household work remains a form of baseline activity but would not be enough to yield benefits or growth of cardiovascular health or muscular strength. **Gupta et al. (2019)** reported that care giving functions are frequently vigorous but typically result instead in repetitive strain injuries and fatigue than increased fitness. Results from studies done elsewhere further substantiate these findings. **Anderson and Lee (2018)** showed that non-exercise physical activities offer less cardiovascular largely incomparable to structured workouts. **Li and Zhao (2021)** examined the cultural barriers in Asian societies, which found that traditional gender roles inhibit women's potential for formally exercising.

Patel and Sharma (2022) argue that adding high-impact movements to any workout might better overcome the fitness disparity for women who have given up formal workouts because of time constraints. Community fitness programs that integrate cultural practices with approaches to power further improve women's fitness without disrupting their routines. **Verma and Singh (2019)** have proposed research on

Indian populations which independently emphasizes the socio-economic factors determining fitness levels. For lower-income households, other forms of recreational and play opportunities are scant, driving invaluable forms of physical activity through daily chores. Unfortunately, these activities rarely achieve recommended intensity levels for functioning aquatic fitness.

3. RESEARCH GAP

Although the literature abounds with information concerning fitness and gender-related differences in physical activity, this research has been initiated which can study the impact of women's daily routine work on motor fitness in semi-urban localities like Faridabad. Generally, these studies are more or less oblivious to the cultural and socio-economic dynamics that still very much influence women's everyday lives and their chance of participating in organized exercises.

This study will work into covering this gap by trying to address daily work routine influences, in terms of various components of motor fitness, and to develop ways of incorporating fitness activities into daily activities. The study would also explore cultural perceptions about women's fitness and the constraints they face in engaging in regular structured exercise.

4. OBJECTIVES

- To ascertain the current levels of motor fitness in females of Faridabad.
- To study the impact of daily routine work on strength, flexibility, endurance, speed, and coordination.
- To analyze the socio-economic, cultural, and lifestyle factors that affect motor fitness.
- To identify barriers and motivators for engaging in structured physical activities.
- To recommend community-based interventions to improve motor fitness among women.

5. RESEARCH METHODOLOGY

The following describes the combinations from which quantitative and qualitative data had been collected:

- **Survey:** A planned questionnaire was administered to 300 females aged 18-60,

covering demographics, lifestyle habits, daily routine work, and apparent barriers to fitness.

- **Physical Fitness Tests:** Among others were assessed strength (handgrip test), flexibility (sit-and-reach test), cardiovascular endurance (1-mile walk test), speed (50-meter dash), and coordination (balance tests).
- **Interviews:** 20 health professionals, trainers, and community leaders were subjected to in-depth interviews for qualitative insights into local health practices.
- **Focus Group Discussions:** Conducted with 50 local women to explore the issues of cultural perception and challenges related to physical activity.
- **Data Analysis:** Quantitative data were analyzed using SPSS for statistical significance, and qualitative data were thematically analyzed to identify recurring patterns.

6. RESULTS, DISCUSSION, AND ANALYSIS

Demographic individuality specifies that 45% of the respondents from middle-income, 35% from lower-income, and 20% from higher-income. They all belong to the age group of 40 to 50 years. Among the participants, motor fitness was below average in 40% of them; this category had the largest number of older women and homemakers. Similarly, 55% of the women showed low performance on flexibility tests and attributed this to inactivity. Of them, one in six showed extremely poor performance in aerobic endurance tests. Along this line, about 50% of them showed less than average speed and only 35% scored well on coordination tests. Non-structured daily routine work, such as cooking, cleaning, and care giving, while riveted in physical exertion, was largely characterized by low-intensity activities that are not enough to sustain cardiovascular or strength needs. Structured exercise sessions seemingly deliver much better fitness. The focus group discussions revealed that family responsibility, even over personal health, discouraged time spent on structured workouts. However, many talked enthusiastically about community-type structures, such as group yoga sessions or walking clubs bringing fitness in line with daily life. It has been well established by the findings that while work

routine may serve to contribute to some baseline physical activity, it definitely is not enough to guarantee good motor fitness. Such continual and non-initiated household chores provide limited cardiovascular benefits and limited strength development. This problem is aggravated by socio-economic considerations; indeed, women from lower socio-economic backgrounds have higher barriers to accessing organized physical training. Thus, targeted community interventions, culturally sensitive fitness programs, and health promotion initiatives are required for correcting this disparity in order to ensure more motor fitness development among women in semi-urban regions such as Faridabad.

7. RECOMMENDATIONS:

- **Community-Based Fitness Programs:** Develop community fitness classes especially for females, with emphasis on flexibility, strength, and cardiovascular health.
- **Workplace Wellness Initiatives:** Encourage local businesses to offer fitness sessions for female employees.
- **Cultural Sensitive Program Design:** Program design in fitness must thus remain culturally relevant to traditional value systems yet able to promote health..
- **Awareness Campaigns:** Educate communities about the limitations of daily routine works and importance of planned physical activity.
- **Policy Advocacy:** Involve lobbying for women's fitness needs with respect to public spaces and recreation centers.

8. CONCLUSION

The study highlights the interaction of women with daily task, cultural influence, and motor fitness seems to be compiled as a case in Faridabad. It is true that domestic tasks create some amount of movement; however, this movement and work fail to fulfill the minimum dimensional level for motor fitness. Community intervention, awareness programs, and policy-level change are ways to bridge such a gap in promoting lives healthier among women residing in semi-urban regions.

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