

PHYSICAL ACTIVITIES AND ECONOMIC BENEFITS OF WORKERS IN THE COLLEGE OF EDUCATION, AFAHA NSIT

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Abstract

Sedentary Life Style is commonly associated with a lot of lost. The effects cut across financial and social cost. This study was designed to determine the Economic benefits of physical activities of workers in the College of Education, Afaha Nsit using theoretical approach. Literatures relevant to the study were reviewed. The findings of the study revealed that physical activities help in promoting and maintaining healthy lifestyle, keep a person energetically sound and vibrant till old age. Physical activity helps in the prevention of some health conditions, improve mental wellness which improves the quality of life and productivity of workers. The economic benefits of physical activity which bothers on materials and financial enhancement, have been reflected in many studies. The economic realities in terms of general price level have made this findings imperative. Among other recommendations, is that physical activities and programmes be revitalized and improved among the workers in The College of Education, since it is a panacea for improved economic productivity and wellbeing of members of the society.

Key Words: Physical, Activity, Economic Productivity.

INTRODUCTION

There are observable Physical activities going on in the College of Education, Afaha Nsit. This it is carried out in order to achieve the overall economic benefits, both to the workers personal life and to the School as a whole. Due to the current economic dilemma and the skyrocketed general price level, there is a significant increase in the physical activities to confront the present economic hardship.

Physical activities imply bodily movements with a mindset of pleasure than punitive. World Health Organization (WHO 2021) defines physical activity as any bodily movement produced by skeletal muscles that requires energy expenditure. Physical activity refers to all movements including and during leisure time.

Physical Activity can be carried out both day and night. It includes exercise and other incidental activities which can integrate into daily activities (Bruce, 2017). This integrated activities may be planned, structured, repetitive as recommended by physical and health therapist or purposefully designed by an expert for improvement and enhance the fitness of a given age bracket. Better still a particular therapy may be prescribed by a physician into a patient in order to either correct or control a given health abnormal condition. These integrated activities may include movement to school, work, cleaning of the environment, walking or trekking, hawking, dancing, driving, doing house chores or industrial activities.

An economy is a large set of inter-related production and consumption of activities that aids in determining how scarce resources are allocated. In an economy, the production

and consumption of goods and services are used to fulfill the needs of those living and operating within it.

Bandura (2017) affirmed that Physical activities undoubtedly have a significant impact on the improvement of the economic quality of workers in the College of Education, Afaha Nsit, through integrated activities. The impact created on the economy is in terms of discounted lifetime cost, annual direct health care cost and capacity independent living among older adults.

Darlington (2003) opined that the exercise and physical fitness attained as the result of engaging in physical activities could significantly reduce the cost of treatment of illnesses caused by inactivity or lack of adequate bodily exercise as well as sedentary lifestyle.

Medical experts in many occasions would recommend physical exercise in averting the effects of some illnesses, some as curative measures and others in form of palliative options.

According to the directorate of academic planning of the College of Education, we have five hundred and forty-six (546) staff in the entire College within the Teaching and non-Teaching divides as gazetted.

Moreso, there are enormous economic benefits for workers at the College of Education to maintain healthy life style through exercise therapy.

Findings have shown that workers participation on physical activities is quite minimal. Experts believe that if this is not averted it could result in reduced physical, mental, social as well as the economic vibrancy and productivity of workers in the College.

Theoretical Framework

Models in the field of health and economics dynamics, explore the interplay of psychosocial elements in explaining the factors that influence human health condition and economic productivity. Based on the above, this study relies on the Socio-Cognitive theory (SCT) propounded by Bandura in 2017. It explains that human behaviour is a mechanism through which individuals acquire and maintain behavior, while also considering the social environment in which individuals operate. Efficacious beliefs, outcome expectation, socio-structural factors and goals can influence behaviour. The behaviour of an individual determines how active a person is engaged in different activities. A number of individuals tend to relax more-often thereby making the persons inactive. Same applies to the unhealthy and the aged. When individuals are inactive, consumption of products are high, but production level is low thereby, crashing the economy of the nation (Cameron, 2003). Also Behavioural Economic theory propounded by Richard in 1991 opines that people, given their preferences and constraints are capable of making rational decisions by effectively weighing the cost and benefits of each option available to them. As such, final decision will be the best choice from several alternatives. According to the United States Department of Health and Human Services (2000) Behavioral Economics is the study of psychology as it relates to the economic decision making process of individuals and institutions. These rational persons have self-control and are unmoved by emotions and external factors hence, know what is best for themselves. Behavioral economics explains that humans are not rational and are incapable of making good decisions (Toby, 2020).

Going by the theories above, the behavior and wellbeing of an individual determines the overall development and productivity of workers and are functions of the prevailing economic climate. Therefore, there exist a nexus between physical activities and economic wellbeing of workers in the College.

The Concept of Physical Activity

Physical Activity is defined as any bodily movement produced by skeletal muscles that requires energy expenditure including activities undertaken while working, playing traveling and engaging in educational pursuit etc. (W.H.O, 2020)

Physical Activities help one to be physically fit. This is generally achieved through proper nutrition, moderate physical exercise and sufficient rest. Fitness can be defined as the capacity to carry out one's daily task. Richard, (1991) puts it that with automation and changes in lifestyles, physical fitness is defined as a measure of the body's ability to function effectively in work and leisure activities; to be healthy, to meet emergency situations, to be productive and to improve production in labour.

Common functional activities at the College

Walking: Walking is a type of cardiovascular physical activity, which increases your heart rate. This improves blood flow and can lower blood pressure. It helps to boost energy levels by releasing certain hormones like endorphins and delivering oxygen throughout the body. This is usually organized from time to time by the Management of the College.

Jogging: Jogging is a form of aerobic exercise in which you maintain a running speed under 6 mph. regularly jogging can help you lose weight, especially if you also modify your diet.

Classroom Activities.

Jumping jack is an efficient total-body workout that you can do almost anywhere. This exercise is part of what is called plyometric, or jump-training. Plyometric is a combination of aerobic exercise and resistance work. This type of exercise works your heart, lungs, and muscles at the same time. This is commonly seen among the Teaching staff in regular bases.

According to Aniekan (2022) These exercises help maintain muscle and bone mass and are important part of healthy aging. Women in particular can benefit from strengthening activities, as bone and muscle loss are common during and after menopause.

Strengthening exercises can be done with or without equipment, in a gym, or at home. There are many different activities that can help strengthen your muscles, so choose which works for you and your lifestyle.

Benefits of Physical and Economic activities

The economic benefits of physical activities are seen as "opportunity cost" for the resources which would be utilized in the treatment and preventable diseases. Workers in College of Education, Afaha Nsit can benefit by saving the resources they would spend for the treatment of illness.

Der (2004) opined that over the years, Economist have found Physical fitness as a positive impact on the economy. He mentioned the following areas of cost benefits.

Discounted life-time cost: Once an individual is about to overcome sedentary lifestyle

which is inherent in man there is an assurance that such a person is likely to spend less in healthcare services.

Annual direct health-care cost: Generally, when good attention is given to exercise, there is that tendency for an improved economic fortune in such institution.

Productivity due to reduced absenteeism: Many recorded excuses at work places commonly bother on poor health condition of the labour force.

Capacity for independent living among older population: Whenever there is stable health condition of the citizenry, a good number among the elderly will still be strong and could still fend for themselves.

It is commonly said, that a healthy person is a wealthy one. Physical Activity has an immediate benefit which is an improved mood. The happier a person is, the more the individual is able to put his/her whole energy in carrying out a certain or assigned task (Berman, 2012).

Chen, et al (2005), in their study suggested that physical activity improves the feeling of connection to nature which enhances, psychological health and well-being, the author further found that window view of nature promotes low anxiety. Work tension and anxiety increased when window views of nature were removed.

Weinstein et al. (2009) found that. Exposure to natural environment enhances the psychological well-being and caring behaviour of an individual. Mitchell (2005) found an association between regular use of natural environment for leisure activities and lower risk of mental Health issues.

Kampert (1999) in their study shows that physical activities have been associated with enhanced mood, improvement in intentional capacity and self-esteem. The presence of nature while walking mediated vitality. Ryan (2010) found that physical activity such as horse riding, walking, cycling, fishing and conservation activities in nature led to significant improvement in self-esteem and total mood disturbance. Hartig (2003) found that when compared to walking in urban areas, walking in the presence of nature enhanced positive emotional and cognitive outcomes.

Mckenzie (2009) stated that in work production, there are anxieties involved which are as a result of stress. Studies have found that nature can help manage and reduce the effect of stress which if chronic, might lead to anxiety.

Recommendations

1. There should be inclusive and routine Physical Activities and Programmes in the College
2. There should be provision of exercise gadgets by governments to encourage participation.
3. Physical exercise therapist and experts should be engaged and empowered to lead in this proposed attitudinal reforms.
4. There should be adequate financial support for refreshments and transportation among others to boost the programmes of physical exercise in the College.
5. There should be adequate sensitization of members of the College community on the numerous benefits of physical activities.

Conclusion

The study was employed to investigate physical activities and the Economic Benefit of workers in College of Education, Afaha Nsit.

Literatures relevant to the study were extensively reviewed showing the various benefits of physical activities to workers in the College. However, the review encapsulates theoretical framework, conceptual framework and empirical framework.

The findings of the study established that physical activities can help in improving ones memory, reduce anxiety and stress, promote general health and well-being, enhance physical fitness and help people to appreciate nature; hence improve the general productivity in an organization.

These phenomenal endowments mentioned above are the panacea for an institutions economic productivity, hence enhancing development.

From the findings above, it is established that physical therapies or activities are of tremendous benefits to the economy of workers in the College since it produces a healthy work force needed for economic productivity of any institution.

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