

Assessment of Knowledge and Physical Activity Pattern of Civil Servants in Ilorin South Local Government, Kwara State, Nigeria

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Abstract

If regular physical activity can be packaged into a pill, it will be the commonest drug on the counter. Therefore, this study assessed the knowledge and physical activity pattern of civil servants in Ilorin south Local Government, Kwara State, Nigeria. Descriptive research design of survey method was used for this study. The population for this study comprised civil servants in Ilorin South Local Government, Kwara State, Nigeria. Multi-stage probability sampling technique was conducted to select 259 respondents. Adapted GPAQ was used as instrument for data collection. The instrument was validated and tested for reliability. A correlation co-efficient of 0.84 was obtained through test re-test method using Pearson Product Moment Correlation. Socio-demographic data of the respondents was analysed using descriptive statistics of frequency, percentage, mean and standard deviation and to answer the research questions; inferential statistics of Pearson's Product Movement Correlation (PPMC), One-way Analysis of variance (ANOVA) and independent sample t-test were used to test the null hypotheses at 0.05 significance. It was concluded in the study that there is significant relationship on Knowledge and pattern of physical activity of civil servants in Ilorin South Local Government Kwara State among others. Recommendation this study; experts in the field of physical activity and fitness in conjunction with the management of various ministries and commissions in the study locale should organise workshops and seminars to improve the knowledge of the civil servants on the benefits of regular participation in physical activity. Also, an official hour should be earmarked for staff to encourage participation by all.

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INTRODUCTION

Advancement in medicine in the 21st century has reduced the risk of communicable diseases by producing vaccines and drugs that are effective in treating certain infectious diseases such as poliomyelitis, cholera, Tuberculosis among others. Therefore, this laudable achievement in medicine has helped humanity in reducing morbidity and mortality rate. The advancement witnessed in the present era is not limited to medical profession but also technology where virtually all human tasks can be performed using machines. The use of these modern machines, tools and devices to perform certain tasks have continued to render man physically inactive for most of the hours spent daily. Physical activity is defined as any bodily movement (physical exertions) produced by skeletal muscles contraction which leads to energy expenditure beyond resting level (Ryan, et al., 2017).

The early epidemiological studies demonstrated a clear dose-response relationship between physical activity (PA) and the risks for all-cause mortality with the least physically active individual having the highest risk (Ryan et al, 2017). On a similar note, Warburton (2010) compared relative risk reduction of active and inactive individuals and the author's report was as follows; 31% risk reduction and 45% if aerobic fitness is assessed for premature all-cause mortality, 33% reduction in the risk of cardiovascular disease, 31% risk reduction for stroke, 50% risk reduction for hypertension if aerobic fitness is assessed, 30% risk reduction for colon cancer, 20% reduction for breast cancer, 40% risk reduction was set for Type 2 diabetes and improved bone health was assured if routine physical activity is performed.

These figures simply indicate that for every regular participation in PA, there is a large reduction in risk of non-communicable diseases (NCDs). Contrarily, World Health Organisation (2018) non-communicable disease country profile for Nigeria reported that; NCDs accounted for 29% of all deaths and physical inactivity related deaths was set at 22% for males and 27% for females aged 18years and above. A similar study by Adewale, et al., (2018) also reported that physical inactivity related non-communicable diseases were responsible for about 3 million deaths in sub-Saharan Africa, a region where Nigeria belongs. It was also suggested in the study that these deaths will increase up to 80% if appropriate actions are not taken. In Nigeria, physical activity related non-communicable disease is responsible for at least one quarter and one third of all deaths in males and females respectively (Abegunde, et al., 2007; WHO, 2014). This revelation is worrisome, because, despite the various campaigns and sensitisation programmes on the dangers of physical inactivity, the situation has continued to worsen based on the figures in these reports.

The major causes of death and diseases in our society are related to lifestyle choices and achieving wellness requires that an individual makes lifestyle choices that will reduce disease risk factors and promote health. These choices include being physically active on regular basis, taking time for relaxation and managing stress effectively (Wuest & Bucher, 2006). Conversely, physical inactivity and sedentary living have been identified as major independent modifiable risk factors for chronic diseases, the fourth leading risk factor for global mortality associated with mental health injuries, falls and obesity (WHO, 2009).

There are international guidelines and recommendations for physical activity participation and majority of these bodies or organisations set a minimum of 150

minutes of moderate intensity physical activity involvement weekly to confer health benefits to the participants. Surprisingly, WHO (2018a) estimates that up to 60% of the global population fail to complete the recommended amount of PA required to induce health benefits. In Africa, Kolbe-Alexander, Draper and Lambert (2010), Observed that there are indications of high levels of physical inactivity among adults and children.

According to Quintiliani (2008), stated that workplace offers several advantages for promoting physical activity because a substantial number of the workforce can be reached and multiple levels of influence on behaviour can be targeted. Civil servants constitute a large percentage of a nation's workforce and majority of them are at high risk of obesity due to the lifestyle of physical inactivity (Isaac et al, 2017). Considering the key role played by the civil servants in the economy of a nation, it will be highly risky to ignore them as physical inactivity could lead to consortium of diseases which will ultimately affect their health leading to absenteeism from work, low productivity and ultimately take a toll on the nation's economy.

In workplaces, researchers have identified certain factors which influence participation in regular PA. These factors include knowledge of about PA, job satisfaction, occupational demand and provision of sport facilities and equipment (Omolawon & Sanusi, 2006; Olorunsola, 2012). Similarly, lack of time due to responsibilities related to family and environment and level of awareness of PA benefits accounts for low participation in PA among the working population. (Daskapan, 2006; Umeifekwem, 2011). Akindutire and Adegboyega (2012) reported that chronic diseases associated with inactivity and sedentary living are on the increase in workplaces, and suggested the need to gain better insight into the dynamics of PA pattern and behaviour in such environments. Improving physical activity level is one of the golden strategies for controlling physical inactivity related communicable disease (Pratt, et al., 2015), however, for positive PA behaviour to be effectively promoted and entrenched among diverse working population, research-based evidence on staff knowledge of physical activity and their patterns has to be given attention. To our knowledge, no study has been conducted on physical activity pattern of the study population. Hence, the need for this study.

METHOD

The population for this study comprised all the five hundred and eighteen (518) Civil Servants in Ilorin South Local Government in the Ministry of works and Transport, Civil service Commission and Teaching service commission in Kwara State, Nigeria. Stratified sampling was conducted to classify the ministries into three namely; Ministry of works and Transport, Civil service Commission and Teaching service commission. Proportionate sampling method was used to select fifty per cent (50%) of the workers across the ministries. Finally, simple probability sampling technique was conducted to select two hundred and fifty-nine (259) respondents which formed the sample for this study. However, five (5) questionnaires were not retrieved during data collection. Therefore, a total of two hundred and fifty-four (254) questionnaires were retrieved and used for analysis. Adapted global physical activity questionnaire (GPAQ) was used to collect data for this study. The questionnaire was validated by experts in the related field and was

tested for reliability using Pearson’s product moment correlation (PPMC); it was found reliable at 0.84. Informed consent of the respondents was obtained and the questionnaire were then distributed among the study participants and retrieved after completing it. The socio-demographic data was analysed with descriptive statistics and inferential statistics of independent samples t-test, PPMC and analysis of variance (ANOVA) were used to test the null hypotheses. The significance level was set at 0.05 alpha.

RESULT AND DISCUSSION

Result

Table 1. Demographic Characteristics of Civil Servants in Ilorin South Local Government Area of Kwara State

	Variables	Frequency	Percentage
Age Range	18 - 22 yrs.	51	20.1
	23 - 27 yrs.	71	28.0
	31 - 35 yrs.	36	14.2
	36 - 40 yrs.	24	9.4
	41 - 45 yrs.	8	3.1
	46 - 50 yrs.	21	8.3
	51 - 55 yrs.	13	5.1
	56 - 60 yrs.	14	5.5
	61 - 65 yrs.	16	6.3
	Total	254	100.0
Gender	Male	130	51.2
	Female	124	48.8
	Total	254	100.0
Ministry/Commission	Civil Service Commission	48	18.9
	Works	138	54.3
	Teaching Service Commission	68	26.8
	Total	254	100.0
Marital Status	Single	86	33.9
	Married	143	56.3
	Widow	12	4.7
	Divorced	9	3.5
	Separated	4	1.6
	Total	254	100.0
Educational Qualification	O'level	12	4.7
	ND/NCE	82	32.3
	B.Sc/HND	117	46.1
	Master	36	14.2
	Ph.D	7	2.8
	Total	254	100.0

Table 1 shows demographic characteristics of the respondents in this study (n = 254) who are civil servants in Ilorin South Local Government of Kwara State. Result for age indicate that majority of them 71 (28.0%) are within the age range of 23 – 27 years, the next to this group are 51 (20.1%) of them who are within the age range of 18 – 22 years and the fewest age group is 8 (3.1%) of them within the age range of 41 – 45 years. For gender, the result shows majority of them 130 (51.2%) are male and rest of them 124 (48.8) are females. The result indicates that majority

of the civil servants 138 (54.3%) work in the Ministry of Works, 68 (26.8%) of them work in the Teaching Service Commission and the remaining 48 (18.9%) of them work in the Civil Service Commission. For marital status, it was revealed that majority of them 143 (56.3%) are married, 86 (33.9%) of them are single, 12 (4.7%) of them are widowed, 9 (3.5%) of them are divorced and 4 (1.6%) of them are separated. Result for their qualification reveals that majority 117 (46.1%) of them are B.Sc./HND holders, 82 (32.3%) are NCE holders, 36 (14.2%) of them are Master holders, 12 (4.7%) of them are O’level holders and 7 (2.8%) Ph.D. holders.

Table 2. Physical Activity Knowledge of Civil Servants in Ilorin South Local Government Area of Kwara State

S/N	Variables of Physical Activity Knowledge	Response	Frequency	Percentage
1.	Duration of Physical Activity Required weekly	150 minutes	51	20.1
		160 minutes	65	25.6
		180 minutes	75	29.5
		200 minutes	15	5.9
		220 minutes and above	48	18.9
Total			254	100.0
2.	Sufficient Physical Activity for Health Benefits in Adults	30 minutes of vigorous intensity PA at least 2 days per week	45	17.7
		30 minute of moderate intensity PA on 5 or more days per week	86	33.9
		40 minutes	53	20.9
		50 minutes	10	3.9
		1 hour and above	60	23.6
Total			254	100.0
3.	Sufficient Physical Activity for Health Benefits in Youths	30 minutes of vigorous intensity PA at least 2 days per week	49	19.3
		30 minute of moderate intensity PA on 5 or more days per week	65	25.6
		40 minutes	19	7.5
		50 minutes	18	7.1
		1 hour and above	103	40.6
Total			254	100.0
4.	Sufficient Repetition of Physical Activity for an Individual Daily	3 repetitions	72	28.3
		4 repetitions	65	25.6
		5 repetitions	41	16.1
		6 repetitions	20	7.9
		7 repetitions and above	56	22.0
Total			254	100.0
5.	Type of Physical Activity Individuals should Engage in	Jogging	85	33.5
		Walking	68	26.8
		Cycling	35	13.8
		Running	44	17.3
		Brisk Walking	22	8.7
Total			254	100.0

Table 2 shows result of descriptive analysis of physical activity knowledge of civil servants in Ilorin South Local Government, Area of Kwara State. Their knowledge on minimum duration of physical activity requirement per week is not

adequate as only 51 (20.1%) selected the correct option of 150 minutes while the rest selected wrong options. Majority of them 75 (29.5%) selected 180 minutes per week, 65 (25.6%) of them selected 160 minutes, 48 (18.9%) of them selected 220 minutes and the remaining 15 (5.9%) of them selected 200 minutes.

Table 3. Physical Activity Pattern of Civil Servants in Ilorin South Local Government Area of Kwara State

S/N	Variables of Physical Activity Knowledge	Response	Frequency	Percentage
1.	How often engage in physical activity per week	Every day of the week	42	16.5
		3 time per week	65	25.6
		2-3 time per week	19	7.5
		2 times per week	43	16.9
		1-2 time per week	56	22.0
		Not at all	29	11.4
Total			254	100.0
2.	Time spent participating in physical activities	Less than 20 minutes	77	30.3
		20-30 minutes	76	29.9
		40-50 minutes	33	13.0
		50-60 minutes	12	4.7
		1 hour and above	56	22.0
		Total		
3.	Regular means of transportation	Trekking	39	15.4
		Bicycle	35	13.8
		Motor cycle	57	22.4
		Car	119	46.6
		Other	4	1.6
		Total		
4.	Confident to be in physical activity next three month	Confident	66	26.0
		High Confident	97	38.2
		Extremely Confident	69	27.2
		No Confident	20	7.9
		5	2	.8
		Total		
5.	Regular engagement in physical activity to minimise stress	Never	37	14.6
		Seldom (1-2days)	109	42.9
		Sometimes (3-4days)	74	31.1
		Often (5-7days)	24	9.4
		5	5	2.0
		Total		
6.	Time spent while sitting in a weekday	Less than 20 minutes	83	32.7
		20-30 minutes	79	31.1
		40-50 minutes	31	12.2
		50-60 minutes	26	10.2
		1 hour and above	35	13.8
		Total		

Table 3 shows result of descriptive analysis of physical activity pattern of civil servants in Ilorin South Local Government, Area of Kwara State. Their pattern on physical activity per week, Majority of them selected 3 times per week, 65 (25.6%) while the rest selected as followed 1-2 times per week, 56 (22.05%), of them selected 2 times per week, 43 (16.9%) of them selected every day, 42 (16.5%) of

them selected not at all, 29 (11.4) and the remaining 19 (7.5%) of them selected 2-3 times per week.

Table 4: Screen-Based Activity for Civil Servants in Ilorin South Local Government Area of Kwara State

S/N	Variables of Physical Activity Knowledge	Response	Frequency	Percentage
1.	How many Hours spend watching TV per day	Not at all	1	.4
		Less than 1 hour	39	15.4
		1 hour	73	28.7
		2-3 hours	94	37.0
		4 hours and above	47	18.5
Total			254	100.0
2.	How many Hours spend on smart phone per day	Less than 1 hour	33	13.0
		1 hour	48	18.9
		2-3 hours	94	37.0
		4 hours and above	79	31.1
		Total		
3.	How many Hours do you spend on computer system daily	Less than 1 hours	80	31.5
		1 hour	50	19.7
		2-3 hours	88	34.6
		4 hours and above	34	13.4
		Not at all	1	.4
Total			254	100.0
4.	How many Hours spend on playing computer game per day	Less than 1 hour	65	25.6
		1 hour	47	18.5
		2-3 hours	30	11.8
		4 hours and above	20	7.9
		Not at all	92	36.2
Total			254	100.0

Table 4 shows result of descriptive analysis of screen-based activity of civil servants in Ilorin South Local Government, Area of Kwara State. Their sedentary life choice after working hour as only 1 (.4%) selected not engaged in screen-based activity, Majority of them selected 2-3 hours, 94 (37.0%) while the rest selected as follows; 1 hour, 73 (28.7%), of them selected 4 hours and above, 47 (18.5%) of them selected less than hour, 39 (15.4%).

Table 5: Pearson Correlation Showing the Relationship between Knowledge and Pattern of Physical Activity among Civil Servants in Ilorin South Local Government of Kwara State

S/N	Variables	N	df	r	Sig	r ²
1.	Knowledge of Physical Activity	254	252	.191	.002	.036
2.	Physical Activity Pattern					

p ≤ 0.05

Table 5 shows PPMC analysis of the relationship between physical activity knowledge and physical activity pattern of civil servants in Ilorin South Local Government of Kwara State (n = 254). The result reveals a significant low positive relationship between their knowledge of physical activity and their pattern of physical activity participation r (252) = .191, p < .002. The level of significance (Sig.) for this result is within the set alpha level of p ≤ 0.05. Therefore, the tested null

hypothesis is rejected. The result had a coefficient of determination (r^2) 0.36, which indicates that the respondent knowledge of physical activity accounts for only 3.6% variation in physical activity pattern. This implies that due to the participants' poor knowledge of physical activity it contributes very little to their participation in physical activity.

Table 6: One-Way ANOVA for Influence of Age on Knowledge and Pattern of Physical Activity among Civil servants in Ilorin South Local Government Area of Kwara State

Variables		Sum of Squares	df	Mean Square	F	Sig.
Knowledge of Physical Activity	Between Groups	351.348	8	43.919	2.139	.033
	Within Groups	5031.191	245	20.535		
	Total	5382.539	253			
Pattern of Physical Activity	Between Groups	174.581	8	21.823	1.099	.364
	Within Groups	4845.095	244	19.857		
	Total	5019.676	252			

$p \leq 0.05$

Table 6 shows the result of one-way ANOVA for the influence of age on physical activity knowledge and pattern of physical activity among civil servants in Ilorin South Local Government of Kwara State ($n = 254$). The result indicated that there is a significant difference in their knowledge due to age variations $F(8, 245) = 2.139$, $p < .033$ and no significant difference in their physical activity pattern due to their age variations $F(8, 252) = 1.099$, $p < .364$.

Table 7. *t*-test Analysis Showing Influence of Gender on Knowledge and Pattern of Physical Activity among Civil Servants in Ilorin South Local Government of Kwara State

Variables	Gender	N	Mean	Std. Deviation	Mean Diff	T	Df	Sig
Knowledge of Physical Activity	Male	130	17.085	4.592	.375	.647	252	.518
	Female	124	16.710	4.643				
Pattern of Physical Activity	Male	129	27.217	4.541	.677	1.207	252	.229
	Female	124	26.540	4.372				

$p \leq 0.05$

Table 7 shows result of *t*-test analysis for the influence of gender on physical activity knowledge and physical activity pattern of civil servants in Ilorin South Local Government Area of Kwara State ($n = 254$). The result indicates average knowledge of Mean 17.085, SD 4.592 for male ($n = 130$) and Mean 16.710, SD 4.643 for female; which reveals no significant difference in physical activity knowledge between male and female $t(252) = .647$, $p > .518$. On average the score of physical activity pattern of male is Mean 27.217, SD 4.541 and that of female is Mean 26.540, SD 4.372; this showed no significant difference between physical activity pattern of male and female $t(252) = 1.207$, $p > .229$. Based on this, the tested null hypothesis is not rejected.

Table 8: One-Way ANOVA for Influence of Work Environment on Knowledge and Pattern of Physical Activity among Civil servants in Ilorin South Local Government Area of Kwara State

Variables		Sum of Squares	df	Mean of Squares	F	Sig.
Knowledge of Physical Activity	Between Groups	10.085	2	5.042	.236	.790
	Within Groups	5372.455	251	21.404		
	Total	5382.539	253			
Pattern of Physical Activity	Between Groups	92.993	2	46.496	2.359	.097
	Within Groups	4926.683	250	19.707		
	Total	5019.676	252			

Table 7 shows the result of one-way ANOVA for the influence of work environment on physical activity knowledge and pattern of physical activity among civil servants in Ilorin South Local Government, Area of Kwara State (n = 254). The result indicated that there is no significant difference in their knowledge due to work of environment variations $F(2, 253) = .236, p < .790$ and no significant difference in their physical activity pattern due to their work of environment variations $F(2, 252), =2.359, p < .097$. Based on this, the tested null hypothesis is not rejected.

Table 9: One-Way ANOVA for Influence of Marital status on Knowledge and Pattern of Physical Activity among Civil servants in Ilorin South Local Government Area of Kwara State

Variables		Sum of Squares	Df	Sig.	F	Sig.
Knowledge of Physical Activity	Between Groups	58.552	4	14.638	.685	.603
	Within Groups	5323.987	249	21.381		
	Total	5382.539	253			
Pattern of Physical Activity	Between Groups	60.521	4	15.130	.757	.554
	Within Groups	4959.155	248	19.997		
	Total	5019.676	252			

Table 9 shows the result of one-way ANOVA for the influence of marital Status on physical activity knowledge and pattern of physical activity among civil servants in Ilorin South Local Government, Area of Kwara State (n = 254). The result indicated that there is no significant difference in their knowledge due to marital status variations $F(4, 253) = .685, p < .603$ and no significant difference in their physical activity pattern due to their marital status variations $F(4, 252), =.757, p < .554$. Based on this, the tested null hypothesis was retained.

Discussion of Findings

This study was conducted to assess the Knowledge and Pattern of Physical Activity of Civil Servants in Ilorin South Local Government, Area of Kwara State. Two hundred and sixty samples participated in the study and five research hypotheses were postulated for the study.

Hypothesis one revealed that there is a significant relationship between knowledge and pattern of physical activity of civil servants in Ilorin West Local Government of Kwara State. This finding supports the assertion of Arobonlo (2007), moderate amount of physical activities can be achieved in a variety of ways. People can select activities that they enjoy and that fit into their lives. He recommended that Nigerians should avail themselves of the numerous cheap and easy to perform

physical activities: such as jogging, walking, brisk walking, continuous running, cycling among others to keep obesity and overweight under check. The report of WHO (2003), on aerobic activity should be performed in episode of at least 10 minutes, and preferably, it should be spread through the week. For additional and more extensive benefits, adults should increase their aerobic physical activity to 30 minutes (5 hours) a week of moderate-intensity, or 150 minutes a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate and vigorous-intensity aerobic activity. Moderate physical activities lasting for at least 30 minutes for most days of the week is recommended.

Hypothesis two revealed that there is a significant difference in their knowledge due to age variations and no significant difference in their physical activity pattern due to their age variations. This finding supports the assertion of Arongbonlo (2007), four out of five people who die from coronary heart disease are aged 65 or older. The risk of stroke doubles with each decade after the age of 55. Arongbonlo (2007) further added that death rate of women from heart disease and stroke is twice as high as those for all forms of cancer. The risk for women increases as they approach menopause and continues to rise as they get older, possibly due to the loss of the natural hormone oestrogen. WHO (2003) Physical activity is beneficial to people of all ages and of different sex. However, there are some barriers that are against people's full participation in physical activities to improve their health and fitness.

Hypothesis three revealed that there is no significant difference in physical activity knowledge between male and female and no significant difference between physical activity pattern of male and female. This finding supports the assertion of Myers et al (2002), reported in a study on physical activity capacity and mortality among men referred for physical activity testing that men who were sedentary were 4 times more likely to die than men with regular physical activity capacity. This was true for men with and without cardiovascular disease, suggesting that physical activity capacity may even offset some of the risks associated with cardiovascular diseases. As physical activity capacity decreased the risk of death increased in males. WHO (2005), reports on women and physical activities has it that regular physical activities and good eating habits can improve women's health and prevent many of the diseases and conditions that are major causes of death and disability for women around the world. It also added that regular physical activities helps reduce stress, anxiety, depression and loneliness, this is particularly important for women as rates of depression for women almost double those of men in developed countries. Physical activities also help build self-esteem, confidence, promote psychological wellbeing and social integration in women.

Hypothesis four revealed that there is no significant difference in their knowledge due to work of environment variations and no significant difference in their physical activity pattern due to their work of environment variations. This finding supports the assertion of Roemmich (2008) increased access to reinforcing sedentary behaviours within the home increases time people allocate for watching television. Thus, people may be more likely to stay home and be sedentary if watching television or other sedentary activities are more accessible and more reinforcing than physical activity, (Roemmich, et al. 2004). Conversely, if people live in a community with more sidewalks, greater number of parks and more connecting

streets this greater access to physical activity may positively impact of people participation in physical activity. Such studies not only take into consideration the characteristics of individuals, but also those of the environment in which they live. Even more recently studies have been carried out into the influence of the physical environment. In the literature the concept of physical environment has been defined as the existence of and physical accessibility to centre such as gyms, swimming pools and leisure centre's informal spaces that form part of a neighbourhood's facilities such as open public spaces, and the layout and use of buildings; or aspects regarding traffic, safety and attractiveness of neighbourhoods and local areas (Ewing, 2005).

Hypothesis five revealed that there is no significant difference in their knowledge due to marital status variations and no significant difference in their physical activity pattern due to their marital status variations. These findings are also supported by the (Koeneman, et al, 2011) review on determinants of participation in physical activity and physical activity. Another demographic determinant of participating in health promotion activity is marital status as identified by (Pender et al, 2002). Regular participation in physical activity can prolong health by offsetting the development of chronic diseases and conditions, however, many older adults are inactive (Dipietro, 2001). The Health, Aging, and Body Composition (Health ABC) study offers a distinct opportunity to explore the relationship between marital status and physical activity, not only using the entire cohort, but specifically through a sub group of married couples that were enrolled together in the study. In Health ABC, both physical activity and non-physical activity were measured, providing an estimate of total physical activity participation. Furthermore, for some participants, both members of the spousal pair underwent the same enrolment procedures and all measured variables were assessed using the same methods. This provides the unique opportunity to examine the relationship of physical activity participation in individual members of a married couple and contrasts previous work where spousal pair data were collected by proxy from a single member of the married couple, (Schone & Weinick, 2005). Moreover, a notable relationship between members of a married couple may suggest a novel approach to utilize when attempting to increase physical activity levels in older individuals.

CONCLUSION

Based on the findings of the study, following conclusions were drawn. There is significant relationship on Knowledge and Pattern of Physical Activity of Civil Servants in Ilorin South Local Government Kwara State. There was significant difference on the Knowledge and Pattern of Physical Activity based on age of Civil Servants in Ilorin South Local Government, Kwara State. There was no significant difference on the Knowledge and Pattern of Physical Activity based on gender of Civil Servants in Ilorin South Local Government, Kwara State. There was no significant difference on the Knowledge and Pattern of Physical Activity based on working environment of Civil Servants in Ilorin South Local Government, Kwara State. There was no significant difference on the Knowledge and Pattern of Physical Activity based on marital status of Civil Servants in Ilorin South Local Government, Kwara State.

Based on the conclusion, the following recommendations were made: 1) Experts in the field of physical activity and fitness in conjunction with the management of various ministries and commissions should organise workshops and seminar to improve the knowledge of the civil servants on the benefits of regular participation in physical activity, 2) Gender, marital status and educational qualifications should be considered while planning physical activity intervention for the workers, 3) Management of various ministries and commissions should create an official hour for all the staff to participate in physical activities such as jogging, trekking and brisk walking.

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